

Raw Chocolate Bites

These raw chocolate bites are beyond delicious and full of nutrient dense goodness with a taste of banana and peanuts. It is also a healthy treat for kids.

Prep Time: 15 minutes

Serves: 2-3

Meal: Dessert



Ingredients:

- 3^{1/2} tbsp coconut butter (homemade butter recipe is provided below)
- 2 tbsp peanut butter
- 2 ripe bananas, small
- 3 tbsp cocoa powder
- 2 tbs honey or maple syrup
- 1/2 tsp vanilla powder
- 2-3 pinches of sea salt
- 2 tbsp or more shredded coconut for decoration

Method:

1. In a food processor add all ingredients and pulse to combine.
2. Press evenly into a small square container lined with parchment paper, and set in the freezer for a few hours until firm. Use shredded coconut for decoration.
3. Cut into small bite-sized pieces and store in the fridge for up to a week in an airtight container.
4. These raw chocolate bites can melt a bit if left to sit in a warm room, so they are best served cold, directly from the fridge.

Homemade Coconut Butter

Ingredients:

- 2 cups unsweetened organic shredded coconut
- AND NOTHIN MORE!!!

Method:

1. Simply take out your food processor, add in about 2 cups of unsweetened organic shredded coconut.
2. Blend on a medium speed for 8 minutes, scraping the edges a couple of times and then on high for another 2 minutes.
3. Pour it into a clean glass jar and let cool (as it cools it will harden). You now have your own creamy coconut butter. Could it be much more easy than this?

