
Toasted Coconut Fat Bomb Bark

6 net carbs (without sweetener) in total recipe.



Low Carbe Diem
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Servings: 6

5 ozs coconut oil

3 ozs unsweetened baking chocolate

3 ozs unsalted butter

1 1/2 tbsps cocoa powder

1/4 tsp salt

3 tbsps unsweetened coconut flakes (large flake)

liquid stevia (or equiv), to taste

DIRECTIONS

Toast unsweetened large flaked coconut in the oven at 350 F on a baking sheet, checking frequently. (Recipe author Joan Snyder used the "Let's do Organic" brand, unsweetened.)

Melt coconut oil, unsweetened dark chocolate and unsalted butter in a microwave on medium heat for about 1 minute 40 seconds.

Add cocoa powder and salt. Stir well and sweeten to taste. (Joan used a mix of powdered Swerve and 12 drops of sucralose to sweeten.)

Pour onto a plastic-wrapped cookie sheet in a puddle. Press coconut flakes into the chocolate. Place into fridge until hardened.

Note: This melts! Store in fridge or freezer.

-- OR --

Place a small amount of large flaked toasted coconut in each section of a silicone ice cube tray or mold. Pour the chocolate mixture on top and sprinkle with more coconut flakes. Place into fridge until hardened. Store in fridge or freezer.

Per Serving: 372 Calories; 40g Fat (94.8% calories from fat); 2g Protein; 3g Carbohydrate; 2g Dietary Fiber.

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