
Dark Chocolate Keto Bark

Recipe modified from [The Keto Beginning](#) meal plan and program for women.

2 net carbs per serving.



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Servings: 12

- 1 oz pistachio nuts (about 25 in-shell nuts), toasted and chopped
- 1/3 c unsweetened coconut flakes
- 3 1/2 ozs dark chocolate, 85%
- 1/2 c coconut butter (may sub almond, peanut or sunflower seed butter)
- 1/2 tsp vanilla extract
- 1/4 tsp almond extract, optional
- 10 drops liquid stevia (or equiv)
- 1/4 tsp sea salt, coarsely ground

DIRECTIONS

Preheat the oven to 350 F. Toast shelled pistachios and coconut flakes on a lined baking sheet. Toast 5 to 8 minutes, tossing once or twice to prevent burning. Remove from oven and set aside to cool.

In a double boiler, melt cocoa butter and chocolate over low heat. Add in cocoa powder, stevia and salt, stirring gently until well mixed.

Remove from heat, stir in vanilla and almond extracts.

Pour onto a parchment paper lined baking sheet. (You may also use a piece of plastic wrap on a baking sheet, a flexible cutting mat, or silicone chocolate bar molds.)

While chocolate is still warm, sprinkle with toasted coconut flakes and roasted nuts. Let cool, then break apart.

Per Serving: 151 Calories; 15g Fat (86.0% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber.

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