

Coconut Chccocolate Bars: one of the easiest low carb snacks!

Prep time

15 mins

Total time

15 mins

Ladies and gentlemen let me introduce: the coconut chocolate bar, one of the best low carb snacks you will try!

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Recipe type: snack

Cuisine: American

Serves: 5 bars

Ingredients

- 1 cup [unsweetened, shredded coconut](#)
- 1 packet or ½ teaspoon of powdered [Stevia](#)
- 1 teaspoon [vanilla extract](#)
- ⅓ cup [coconut cream](#)
- 4 tablespoons [coconut oil](#)
- 2 tablespoons unsweetened cocoa powder
- OPTION - instead of coconut oil for the coating
- [2 oz cocoa butter](#)



Instructions

1. Mix shredded coconut with coconut cream, 1/2 of the vanilla extract and ½ packet of stevia and blend well with a spatula or a spoon
2. Place the shredded coconut mixture on a small cookie sheet lined with parchment paper
3. Shape it into a flat rectangle about 4 inches by 6 inches and 1 inch thick (measurements may vary) You can aid yourself with kitchen wrap to accomplish this.
4. Place in the freezer for 2 hours, until frozen solid
5. Remove from the freezer and cut into 5 bars
6. In the meantime you will prepare the chocolate coating:
7. Melt coconut oil in a small sauce pan until liquified
8. Add cocoa powder remaining stevia and vanilla extract to the coconut oil
9. Mix well on low heat for about 2 minutes, until all ingredients are well blended
10. Let cool to room temperature, but still liquid
11. Now dip the bars in the cocoa mixture, and turn to all sides to coat evenly. It helps if the bars are frozen solid so they won't break.
12. Place bars back on the cookie sheet
13. When all bars are all coated put in the refrigerator to harden.
14. The bars can be kept in the fridge for harder consistency or at room temperature for softer.
15. Cacao will melt if kept at a temperature too high.
16. OPTION 2
17. If you want your chocolate coating to stay solid at room temperature use cocoa butter instead of coconut oil.
18. Proceed exactly in the same way as using the coconut oil.

Notes

IMPORTANT:

The amount of stevia indicated in the recipe is only for the particular brand of stevia I used.

If you are using a different kind of stevia my recommendation is to start with a very small amount and taste test until you reach the right amount of sweetness without making it bitter and over sweet.

Nutrition Information

Serving size: 1 bar Calories: 210 Fat: 22 Net Carbs: 4.8 Protein: 1

Recipe by The Nourished Caveman at <http://thenourishedcaveman.com/coconut-chccocolate-bars-low-carb-snacks/>
