

Low Carb Plain Choc Coconut Bars (à la 'Bounty')

VITAL STATS

Recipe Yield: 5 bars
Serving size: 1 bar

PER SERVING

Calories: 218
Fat: 21
Protein: 2
Carbs: 4
Net Carbs: 1



INGREDIENTS

Middle:

Desiccated unsweetened coconut	1 cup/ 100g
Coconut cream (unsweetened)	1/3 cup/ 80ml
Stevia liquid	3 drops
Erythritol	1 tbsp

Chocolate:

Cocoa butter	1.5oz/ 45g
Coconut oil	0.5oz/ 15g
Cocoa powder (unsweetened)	2 tbsp
Vanilla extract	1 tsp
Stevia liquid	3 drops
Salt	small pinch (optional)

Optional:

Double cream	2 tbsp (if you prefer milk chocolate – but omit coconut oil if this is added)
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INSTRUCTIONS

1. Mix together the 'middle' ingredients: desiccated coconut, coconut milk, stevia drops and the erythritol.
2. Line the bottom of a small rectangular container (approx 4"x6"x2") with baking parchment - or use a baking sheet.
3. Press the coconut mixture firmly into the container (coconut will be about 1" deep), or form into a rectangular block on the baking sheet.
4. Freeze for at least 2 hours.
5. Now for the chocolate... melt the cocoa butter and coconut oil together in a bowl over boiling water (do NOT get any water in it!) or I've found you **can** get away with using a microwave for a minute at a time, stirring in between until the cocoa butter is just dissolved.
6. Mix in the cocoa powder and stir until smooth and glossy.
7. Add in the vanilla and stevia and salt if desired.
8. Remove coconut from the freezer and place the slab on a chopping board.
9. Using a cleaver or large knife, carefully divide the coconut into 5 bars.
10. Whilst still frozen, dip each bar into the chocolate and coat completely.
11. Place the bars on a fresh sheet of parchment and put in the fridge until the chocolate has set (although with the frozen coconut it tends to set fairly quickly anyway).
12. Put the bars in an airtight container and keep in the fridge so the chocolate stays firm and holds the coconut in place.

NOTES

These are delicious and pretty darn close to the real thing. A great way to satisfy the need for a sweet treat and to keep up your fat intake without too much of a carb hit. They are slightly crumblier than shop-bought versions and do collapse a little as you bite into them as it's the chocolate that holds the coconut in place. I like my chocolate dark and bitter, if you prefer a sweeter taste, add extra stevia to the coconut and also to the chocolate mixture.

If you prefer milk chocolate, you could add two tablespoons of double cream to the bowl at step 5, BUT omit the coconut oil and don't forget to add an extra 12 calories and 1g fat per bar. The milk chocolate version will not have such a hard set as the plain chocolate – so you'll need to eat it as soon as it comes out of the fridge... ho hum how we suffer for our diets!

Emma x