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Coconut Bars (Serves 5)

Ingredients

- 1 cup unsweetened, shredded coconut
- 1 packet of stevia
- 1 teaspoon vanilla extract
- ½ cup coconut cream
- 3 tablespoons coconut oil
- 2 tablespoons unsweetened cocoa powder



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.

Flourless chocolate muffins

Ingredients

- 1/2 cup almond butter (can use other nut butter as well)*
- 1 ripe medium/large banana
- 1 egg
- 1/4 cup honey
- 1/4 cup unsweetened cocoa powder
- 2 Tbsp. ground flaxseed
- 1 tsp. vanilla extract
- 1/2 tsp. baking soda
- 1/4 cup chocolate chips, plus more for sprinkling on top

Instructions

1. Preheat oven to 180 degrees and prepare a muffin pan by spraying 9 cavities with cooking spray. Set aside.
2. Add all ingredients except for chocolate chips to a blender and blend on high until batter is smooth and creamy. Stir in chocolate chips by hand.
3. Pour batter into prepared muffin pan, filling each cavity until it is about 3/4 full.
4. Bake for 10-12 minutes, until the tops of your muffins are set and a toothpick inserted into the middle comes out clean. Allow muffins to cool in pan for ~10 minutes before removing.