



## HOMEMADE CHOCOLATE WITH STRAWBERRIES

 15 minutes 15 minutes 9 portions

### INGREDIENTS

- 5 tbsps of oil, coconut [68 g]
- 2 tbsps of honey [42 g]
- 2 tbsps of cocoa [11 g]
- 10 medium strawberries [120 g]
- 1 tbsp of sesame seeds [9 g]

### COOKING METHOD

1° In a heat proof bowl add the coconut oil and heat it but do not boil. Add honey and cocoa powder and gently simmer until everything combined and you're left with a smooth chocolate. To set the chocolate, you can use a loaf tin, cake tin, chocolate moulds or even a plastic container - just make sure you cover with parchment paper so you can easily take the chocolate out once set. Add sliced strawberries and sesame seeds and place in the freezer for a couple of hours or until it's hardened. When you're ready to serve, take your chocolate out and slice into what ever shape and as many pieces as you like. Because coconut oil starts to melt in warm temperature, I would store the chocolate in the fridge until you're ready to serve/eat. It will start to melt if it's left out for too long, especially if your house is warm!

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [28 g]	% DRI
ENERGY	340 kcal	94 kcal	5 %
FAT	29 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	23 g	6 g	32 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	2 mg	1 mg	0 %
CARBOHYDRATE	21 g	6 g	2 %
SUGARS	16 g	5 g	-
FIBER	3 g	1 g	3 %
PROTEIN	2 g	1 g	-

