

Mint Chocolate Bar

INGREDIENTS

½ cup Cacao Powder (40 g)
3 tbsp Cacao Butter (40 g)
1 tbsp Swerve Erythritol (10 g)
3-4 drops Peppermint Oil
Pinch of Stevia Extract Powder
Pinch of Salt

NUTRITION (per serving)

Number of Servings - 3
183 Calories
Fat - 16 g
Protein - 2 g
Carbohydrate - 7 g
Fiber - 4 g
Sugar - 0 g
NET CARBS - 3 g

DIRECTIONS

1. Melt the cacao butter in a double boiler set over low heat
2. In a separate bowl, mix the cacao powder, Swerve erythritol, stevia powder, and salt
3. Combine melted cacao butter with dry ingredients
4. Add the peppermint oil and stir to blend
5. Before it cools, add to a silicone chocolate mold
6. Chill and harden in the fridge or freezer

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