

EASY HOMEMADE HEALTHY CHOCOLATE

Looking for a quick, clean, and delicious chocolate fix? This 3-ingredient healthy chocolate recipe is naturally sweetened, dairy-free, and perfect for anyone trying to reduce refined sugar without giving up dessert.

INGREDIENTS

- 3 tablespoons virgin organic, cold-pressed coconut oil
- 2 tablespoons unsweetened cocoa powder
- 2 teaspoons raw honey (or pure maple syrup for vegan option)
- 2 teaspoons desiccated coconut (optional, for texture and added flavor)

Notes:

These chocolates melt quickly at room temperature—best kept cold until you're ready to indulge.

INSTRUCTIONS

1. In a small saucepan or microwave-safe bowl, gently melt the coconut oil and honey together, stirring to combine
2. Stir in the cocoa powder until smooth and fully incorporated.
3. Add the desiccated coconut (if using) and mix well
4. Pour in the mixture into chocolate moulds.
5. Place in the freezer until completely set (around 20–30 minutes)
6. Unmould and store in an airtight container in the fridge or freezer