

## Healthy Chocolate Candy

Quick and Easy - 1 or 2 minutes in the microwave

- 1/3 Cup Extra Virgin cold pressed Coconut oil
- 1 square unsweetened dark chocolate
- Sweeten to taste
- 1/2 Teaspoon vanilla and/or other flavoring
- ice cube tray(s) with east-to-push-out bottoms

Place the chocolate and coconut oil into a 1 cup measuring cup with pouring lip.

Microwave on medium heat for 1 or more minutes

Add sweetener and flavorings.

Stir thoroughly.

At the bottom of the ice cubes place maraschino cherries (cut in half to fit), or ginger, or nuts, or coconut, etc.

Then pour chocolate to cover

Put in freezer or fridge - store there until needed.

Use slightly less oil for firmer candy.

We got this recipe from: [Coconut Research Center org](http://CoconutResearchCenter.org) There is a LOT of good information on this site.



*These statements have not been evaluated by the Food and Drug Administration.  
The products are not intended to diagnose, treat, cure, or prevent any disease*

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