

'Healthy' Chocolates!

These are very quick and easy to make – kids love to help with these ones.

Equipment:

N/A

Ingredients:

- ½ cup coconut oil
- ½ cup raw cocoa powder
- 3 tbsp agave syrup
- ½ tsp of vanilla extract



Makes: 1 mold tray
Prep time: 10 minutes
Set time: 2 hours

Top Tips: You can get creative with adding ingredients – shredded coconut, orange essence, nuts, mint, peanut butter etc.

Method:

1. Slowly melt the coconut oil in a pan over a low heat.
2. Stir in the remaining ingredients until smoothly blended
3. Pour into small molds
4. Leave to set in fridge for 2 hours or in freezer for an hour or so

Top Tips: If you don't have small molds you could use ice-cube trays
These need to be kept in the fridge as they melt easily

Adapted from a recipe I found on a BBC website.