Coconut Oil Chocolate Pecan Candy

Yield: 10 pieces

Ingredients:

- 1/4 cup coconut oil
- 1/4 cup unsweetened cocoa powder
- 1/4 cup powdered stevia
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 1 ounce of raw pecans, finely chopped

Sources:
healthyrecipesblog.com, verywellfit.com, and nutritionvalue.org

Directions:

1. Over medium heat, add the coconut oil to a saucepan and stir in the cocoa powder, stevia, vanilla extract, and pinch of salt with a whisk. Blend well.
2. If your nuts are coarsely chopped, place them in a resealable bag and go over them back and forth with a rolling pin to create a finer chop.
3. Use a rubber spatula to mix the chopped nuts into the chocolate mixture.
4. Using a teaspoon, transfer the mixture into a silicon 8 ½" x 4" candy mold (candy size 1" x 1" x .75"), filling approximately 10 candies.
5. Freeze for 20 minutes, then release from the mold. Store in the fridge, in an airtight container lined with wax paper, for up to 1 week.

Nutritional facts per serving:

Serving Size:	1 piece	Fat:	7.8 g
Calories:	72	Lauric acid:	2.46 g
Carbohydrates:	1.6 g	Potassium:	45 mg
Protein:	.7 g		