

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chocolate Coconut Cups

From *OMG That's Paleo?* By Juli Bauer

This is a quick, easy and yummy paleo-style dessert. You can also add a teaspoon of mint extract to the coconut mixture if you prefer a minty treat. You do need a food processor for this recipe.

Makes 9-10 cups

1 ½ cups unsweetened shredded coconut (You can find this at Whole Foods and some Dierberg's stores carry it in their natural food aisle.)

½ cup coconut butter (also known as coconut manna or coconut cream concentrate – You can get this at www.tropicaltraditions.com or www.amazon.com)

½ cup coconut oil

1 tsp vanilla extract

Pinch of salt

1 bag (10 oz) of dark chocolate chips

1. Place shredded coconut, coconut butter, coconut oil, vanilla, and salt into a food processor and blend until you get a slightly chunky texture.
2. Place silicone liners into your muffin tin. If you don't have silicone liners, use regular paper muffin liners. You can find silicone liners on www.amazon.com. Use a large spoon to scoop out about 2 Tbsp worth of coconut mixture and place into your muffin tins. Press down until flat.
3. Melt the chocolate using a double boiler by placing the chocolate in a bowl over a small pan of simmering water. Use a spoon once again to scoop out about 1 Tbsp of chocolate and pour onto a coconut cup until the coconut is completely covered. Repeat on all the coconut cups.
4. Place in freezer for about 20 minutes or until chocolate is frozen. These will be very hard so you may need to let one sit for a couple minutes at room temperature before biting in.
5. Keep in the fridge or freezer to prevent chocolate from melting.