

4

Servings

5 min

Prep Time

5 min

Cook Time

10 min

Total Time

Keto Chocolate Shell

Ingredients

2 tbsp coconut oil
50g 95% dark chocolate, roughly chopped
or
2 tbsp coconut oil
2 tbsp raw cacao powder
1 tbsp powdered sweetener

Method

- 1 Place all ingredients in a heatproof bowl, and place bowl on top of a saucepan 1/4 filled with water. Heat over a medium heat, stirring until the ingredients are melted and combined.
- 2 Remove from the heat and allow to cool slightly.
- 3 Drizzle over ice cream and watch as it hardens. It should take approximately 30 seconds to solidify.
- 4 Enjoy!

Macros Per Serve

Calories – 123 | Fat – 12.4g
Net Carbs – 0.8g | Protein – 1.2g