



*Low Carb Diabetes Association*

Low Carb Diabetes Association  
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## **Chocolate Treat**

### **Ingredients:**

- \* ½ c. coconut oil
- \* ½ c. almond or other nut butter
- \* ½ c. unsweetened cocoa/carob
- \* Optional: 1 package of unsweetened coconut flakes
- \* Add stevia: 2 packets of stevia, or 1 tsp stevia powder/monk fruit/chicory powder/xylitol/erythritol, or ~12 stevia drops
- \* Divide into balls or squares

Some people mix a little nut into the center/or on top of each ball

**Mix all together and put in refrigerator to cool.**