



Theresa's Handmade Chocolates

PREP TIME

1 min

TOTAL TIME

20 min

Nutrition Information Per Serving

Makes 16 servings

FAT

8g

PROTEIN

1g

CARBS

5g

CALORIES

88

Ingredients

4 oz unsweetened chocolate bar, chopped

1/4 cup Swerve sweetener (erythritol) or xylitol

3 Tbsp coconut oil

3 Tbsp butter

1 tsp vanilla

Instructions

1. Combine all ingredients in a glass mixing bowl and microwave for 30 seconds.
2. Remove, then stir vigorously.

3. Microwave for another 30 seconds.
4. Stir until smooth.
5. Pour into chocolate molds, mini muffin cups, or regular sized muffin cups (like a Reese's PB cup).
6. Freeze for 20 minutes.
7. Remove from freezer and store in fridge.