

Healthy Low-Carb White Chocolate

Description

Unique and delicious chocolate.

Prep time: Ten minutes

Total time: Thirty minutes

Servings: 12

Ingredients

170 g of cacao butter (6 oz)

1 cup of coconut milk powder (4.2 oz)

1/3 cup of powdered Erythritol or Swerve (1.8 oz)

1 tsp vanilla bean powder or 2 tsp sugar-free vanilla extract

A pinch of Pink Himalayan salt

Optional: A few drops of liquid stevia

Optional: 1/2 teaspoon of sunflower lecithin powder

Instructions

1. Pour the cacao butter into a bowl and melt in a saucepan containing some water placed overheat.
2. Remove from the heat and set aside. Add in the sunflower lecithin, swerve, and coconut milk powder.
3. Add in the salt and vanilla powder. You can sweeten with some drops of stevia. Then pour the mixture into a blender and blend until smooth, about sixty seconds.
4. Pour the mixture into chocolate molds and transfer to the freezer to harden.
5. When it hardens, remove from the mold, and serve.