AMERICAN · SNACK · DESSERT

# Fresh Coconut and Dark Chocolate Bars

25 min · plus 1 hour chilling | Makes 6 × 1 bar | 283 kcal a portion | Video 8:54 · Keto Connect

Vegetarian | Gluten-free ingredients | No nuts listed

Fresh coconut and unsweetened baker's chocolate sweetened only with stevia make a bar with about 4.5 g net carbs, no added sugar and around 6 g fibre.

**Diet notes:** Keto (4.5 g net carbs a serve).

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## Ingredients 7 · MAKES 6 × 1 BAR

- [ ] 150 g raw (fresh) coconut meat
- [ ] 127 g **unsweetened baker's chocolate**
- [ ] 22.5 g **unflavoured whey protein powder**
- [ ] 2 1/4 tbsp **butter**, cut up
- [ ] 3/4 tbsp **heavy whipping cream**
- [ ] 1 1/2 tbsp **water**
- [ ] 45 drops (about 3/4 tsp) **liquid stevia**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 135°C. Break the coconut open and weigh out 150 g of the white meat. 2:07
2. Put the coconut, baker's chocolate, protein powder, butter, cream, water and liquid stevia in a food processor and process until combined. Scrape down the sides and process again until even. 3:01
3. Divide the mixture evenly between 6 bar moulds (or shape 6 bars on baking paper), pressing it in firmly. 5:37
4. Bake 15 minutes, just to melt the chocolate through the coconut. 6:20
5. Cool, then refrigerate about 1 hour until hard. Store in the fridge. 6:53

> **Tip** For a sweeter, rounder taste, the cooks also like 18 g erythritol with only 30 drops of stevia. Keeps up to 3 weeks in the fridge.

The method is a summary in our words — the video shows every step.

## One portion (1 bar) gives you 1 OF 6 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 283 kcal | 6.8 g | 10 g | 5.8 g | 25 g | 30 mg |
| 1,180 kJ | 14% of a day | 4.5 g net · 1.9 g sugars | 21% of a day | 17 g saturated | 1% of a day |
| | | 4% of a day | | 31% of a day | |

**Energy from** net carbs 7% · protein 10% · fat 83% — fits keto: 4.5 g net carbs, 83% of the energy from fat

**High in** (20%+ of a day) Iron 24% · Zinc 22%

**Source of** (10–19%) Magnesium 19%

**Recipe and video:** Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=fsa-2tbVIoA, published 27 August 2017. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/fresh-coconut-dark-chocolate-bars