

Enjoy the Make It Your Own Dark Chocolate recipe below!

My intention for sharing this recipe is you know all the ingredients you put in it, with the essential elements being the fun and love shared while making homemade candy with family. This recipe is for those who can eat candy occasionally in your diet. It has less sugar than processed, and it doesn't have preservatives. This candy doesn't last long at our house to need preservatives! The texture will change as you alter the ingredients and amounts; have fun creating new tastes as you experiment!

Make it your Own, Anti-Stress Dark Chocolate, Healthier Candy Recipe

Ingredients:

- * 2 - 4 oz. boxes - Unsweetened Chocolate Baking Squares – Simple Truth Organic 100% Cacao
- * 2 rounded Tablespoons - Virgin Coconut Oil Cold Pressed Unrefined - Simple Truth Organic
- * 1/4 cup - Unsweetened & Salt-free Almond Butter (Smooth or Chunky) - Harvest Farms Organic
- * 1 Tablespoon - Pure Vanilla Extract - Rodelle Gluten-free
- * 1/4 cup - Unsweetened Coconut Milk – Native Forest Organic
- * 1/4 to 1/2 cup (or to Taste) - Unsweetened Fine Shredded Coconut - Let's Do...Organic
- * 6 Tablespoons (or to Taste) - Grade A Pure Maple Syrup - Anderson's
- * 1/4 teaspoon (or to Taste) - Salt
- * An Abundant Amount of Fun and Love!

Heating Instructions:

- * In a double boiler, add water to the bottom boiler until it reaches almost to the top to heat the ingredients, next, add Coconut Oil, Almond Butter, Chocolate, Coconut milk, Vanilla Extract, Maple Syrup, and salt to the top boiler and slowly heat until melted.
- * Add shredded coconut and mix ingredients together.
- * Turn off the heat and spoon candy into small candy molds or scoop tablespoons onto parchment paper on a flat tray; chill in the refrigerator until cool and formed.
- * Infuse with Fun and Love!
- * Enjoy!

I've had fun playing with this recipe by changing the ingredients to what I have on hand. When I use smooth almond butter, I add pecan pieces. Sometimes I use honey for the sweetener; I always use local, pure honey. Honey tastes sweeter than maple syrup, so I taste it as I prepare it until it is sweet enough, and sometimes I add chopped Organic Medjool dates and decrease the sweetener to make them chewy. I hope you enjoy making this recipe your own by using the ingredients you love. Join me in making this world a little sweeter!

Abundant Love, Joy, and Peaceful Qi,
Paula Branton MQP, CLC, INHC, IIQTC-L2T
Medical Qigong Circle of Life Holistic Wellness Coach
Inner Calm & Energy Rejuvenation Facilitator
Priestess Tai Chi Easy Alchemist
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"When we live in a calm, balanced state, everything begins to fall into place." Paula Branton