

Chocolate Coconut Cornflake Crackles

Coconut oil is a source of fat that is solid at room temperature and liquid when heated.

200g of coconut oil unrefined (solid)

2 heaped tbsp of xylitol

2 heaped tbsp of cocoa powder,

1 large handful of shredded coconut

1 ½ cups of puffed brown rice

1 cup of gluten & sugar free corn flakes

I recommend getting the ingredients from the organic grocery store so that they are clean and free of sugar.

In a medium saucepan, place the coconut oil in at a moderate heat. It will turn to a clear liquid within minutes. Then add the cocoa and xylitol these will dissolve very quickly.

Then remove from heat and stir this mixture and let it cool while you do your next step. Place paper cup into the metal patty cake tin. This mixture is enough for 12 mini cakes.

To the liquid mixture stir in the shredded coconut, puffed brown rice and corn flakes and stir so it is evenly mixed together. Spoon the mixture into the patty tins, the runny chocolate liquid is what will set and be the hard fatty chocolate. These are just as sickly and rich as I remember chocolate crackles from my childhood that my mother made for our parties, and can be used as treats for children or our inner child. They are also suitable while following a

Candida program or if you are wanting to cut sugar out of diet just to be more healthy.