

# JUST SWEET

EASY CHOCOLATE DESSERTS

— FREEBIE —



A L E N A M C C A R T H Y

# Bounty balls

Kcal 410

| Carb 86g

| Fat 7g

| Protein 7g

| Fiber 10g



## INGREDIENTS

- 30 g date syrup
- 20 g coconut flour
- 15 g shredded coconut
- 12 g coconut oil
- 12 g cacao powder
- 3 drops vanilla extract
- 26 g maple syrup
- pinch of salt



## INSTRUCTIONS

1. Mix the date syrup, coconut flour, and shredded coconut.
2. Shape the mixture into 4 bounty balls.
3. In a saucepan over low to medium heat, mix the coconut oil, cacao powder, vanilla extract, maple syrup, and salt until the chocolate thickens.
4. Dip the bounty balls in the chocolate mixture.



# Peanut butter chocolates

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Kcal 337 | Carb 32g | Fat 19g | Protein 8g | Fiber 5g

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## INGREDIENTS

- 15 g coconut oil
- 20 g cocoa powder
- 3 drops vanilla extract
- 26 g maple syrup
- 15 g peanut butter

## INSTRUCTIONS

1. Mix the coconut oil, cocoa powder, vanilla extract, and maple syrup in a saucepan over low to medium heat, stirring until the chocolate thickens.
2. Add a layer of chocolate into three molds, then add a layer of peanut butter, followed by another layer of chocolate.
3. Refrigerate until they harden.

# Bliss balls

Kcal 257

Carb 55g

Fat 6g

Protein 4g

Fiber 10g

## INGREDIENTS

- 40 g pitted dates
- 1 tsp cacao powder
- 10 g coconut flour
- 1 tbsp maple syrup
- 3 drops vanilla extract
- 5 g shredded coconut



## INSTRUCTIONS

1. Soak the dates in boiling water until they soften.
2. Drain the dates, then mash them with a fork in a bowl.
3. Mix the cacao powder, coconut flour, maple syrup, and vanilla extract.
4. Add the dates to the mixture and divide it into 5 bliss balls.
5. Roll the bliss balls in the shredded coconut.
6. Refrigerate until they harden.

