Ingredients

* 100g creamed coconut block (or coconut butter)
* 3 tablespoons maple syrup
* 2 tablespoons raw cacao powder
* 1 teaspoon vanilla extract
* Desiccated coconut (optional)

Gently melt the coconut in a pan...do not overheat.

Add the maple syrup and essence.

Add the raw cacao powder...best quality you can afford.

Line a container with greaseproof paper and put the mixture in...firming down...and if using sprinkle on desiccated coconut.

Place in fridge or freezer until set. Cut into small chunks. Eat and enjoy!!!

You can store it in the fridge or freezer (in fact, you can almost eat it right out of the freezer!).

***Note:*** *You can also use coconut butter instead of creamed coconut. However, if you are able to get the blocks of creamed coconut (available in any good health food shop), they will be a lot cheaper than coconut butter (which is essentially the same thing just packaged differently).*

Source: <http://www.trinityskitchen.com>