

Susan Courtney's Healthy¹ Dark Chocolate

Ingredients

4 oz (114gm) organic cocoa butter

4 oz (114gm) organic coconut oil

1 tsp (5ml) organic sunflower lecithin

1½ cups (360ml) organic cocoa powder

2 tsp (10ml) Luo Han Guo

½ tsp (2.5ml) organic Stevia extract powder (not the single-serving packets designed for coffee and tea; they're much less concentrated. Look up equivalency tables if that's all you have access to. I use organic powdered extract only, but liquid is also fine. Beware—Truvia and PureVia are owned by Coke and Pepsi and made from genetically-modified stevia.)

1 tsp (5ml) orange extract (or other vanilla, almond, coffee, etc flavouring of your choice. Some people like chili!)

Method

Melt cocoa butter, coconut oil, and lecithin in a double boiler. If you don't have a double-boiler, a heat-proof bowl in a pot of hot water will do just as well.

Remove from heat.

Add cocoa powder, Luo Han Guo and Stevia to taste. Add less than the recipe calls for to begin with and add a bit more at a time until it tastes right to you. The amounts listed give a strong-tasting dark chocolate. I use an electric mixer, but they can be mixed in by hand with a wire whisk.

Add flavouring of your choice, also to taste. A bit of salt may also be added, but its taste seems to strengthen over time.

Line a baking tray narrow enough to fit in your freezer (create a level space for it first!) with parchment or greaseproof paper, pour runny chocolate into the pan and freeze for an hour or more. This can be quite hard to break up into bite-size chunks. I use a strong knife or cleaver and a hammer (really!)

Better still, invest in a few silicone confectionery moulds or forms. They come in all sorts of interesting shapes. You'll also want a pouring pitcher so you don't just spill the runny chocolate all over the place. The forms will be floppy, so you'll need something stiff to go under them—all narrow enough to fit on your freezer shelf.

After an hour or so, check on it, tip it out, break it up and enjoy. This melts fairly quickly at room temperature and will be all over your hands in no time. Serve with napkins and keep stored in the freezer until you want to eat some or treat your very favourite guests.

¹Coconut oil is rich in ketones which have been shown to improve brain function.