RAW HONEY
CHOCOLATE BAR
lightly adapted from www.minimalistbaker.com

Yield: 4 servings
Prep Time: 5-10 minutes
Cook Time: 5 minutes
Storage: refrigerate for 2 weeks; freeze for 1 month

Ingredients
1/2 cup raw cacao powder or unsweetened cocoa powder
2 tablespoons almond, cashew, sunflower butter
1 tablespoon coconut oil
3 tablespoons raw honey
1 generous pinch of salt
1 teaspoon vanilla extract

You can also customize the chocolate with nutritious toppings that boost omega-3, calcium, vitamin E, fiber, and protein content, such as: chopped walnuts, chopped almonds, chia seeds, or hemp seeds.

Directions
1. Add all the ingredients into a bowl. Gently stir with a spoon or spatula to combine into a thick, fudgey paste.
2. Depending on the nut butter you use, you may need to make some adjustments. If too thin, add a touch more cacao or cocoa powder (1/2 teaspoon at a time). If too thick, thin with a bit more coconut oil.
3. Add your toppings, if using any, and mix into the paste. The plain version tastes just as good without anything added.
4. Enjoy your chocolate as is, it'll be more like fudge.
5. Or, you can form into a chocolate bar: Place the chocolate mixture on a piece of parchment paper, fold the parchment paper over, and use a rolling pin or your hands to flatten into a bar about 1/4 to 1/2-inch thick. Transfer your bar to the freezer to firm up for 20-30 minutes.
6. Dusting them with a little cacao powder will help to prevent sticking. They are firm when refrigerated or frozen, and soft at room temperature. Enjoy!
Just in case, here's a visual from the original website to make Step 5 more clear: