Peppermint Chocolate Sticks

Ingredients

- 6 tablespoons coconut oil, melted
- 4 tablespoons raw cacao powder
- 4 tablespoons almond butter
- 2 tablespoons raw honey
- 1 teaspoon vanilla extract
- ½ teaspoon peppermint extract
- pinch of salt
- ½ cup unsweetened shredded coconut
- ½ cup pecans

Instructions

1 In a large bowl stir together the coconut oil, cacao powder, almond butter, honey, vanilla, peppermint extract and salt

2 Heat the mixture slowly on low heat over simmering water (double boiler) for 5 to 10 minutes until all ingredients are combined

3 Chop the pecans in a food processor

4 Add the chopped pecans and shredded coconut to the melted chocolate mixture and stir together

5 Pour in a 7x5-inch dish lined with parchment paper freeze until chocolate is set then cut into sticks.

Store in airtight container in freezer.

Sonora Day
Angelina County 4-H
Intermediate
Protein