Healthy Decadence

4 oz (1/2 cup) org. raw Cacao Butter
4 oz. raw Coconut Syrup
1 c. raw Cacao Powder
½ tsp org. vanilla extract

On very low heat melt Cacao Butter. Add agave syrup and vanilla extract. Last add Cacao Powder and mix until smooth.

<u>Special Note:</u> This is a low glycemic, high antioxidant and deliciously flavorful chocolate topping, can be drizzled over fresh fruit slices. The Cacao Butter is a highly beneficial fat. It also helps lower the glycemic index of this special treat, does not raise your blood sugar.

<u>Other options:</u>
* Lay banana chunks, pineapple or pear slices onto wax paper and spoon this mixture over each slice then cool for a couple of hours.
* You can put the chocolate covered fruit slices into a dehydrator for a few hours and then store in a covered container in refrigerator.
* Use as a great topping over coconut ice cream or other ice cream.
* Use 1 Tbs of this mixture to add to your protein smoothies.
* Mix a few Tbs. of your favorite nut butter into this mixture while still warm, then drop by tsp. onto waxed paper and let cool in refrigerator, this is a scrumptious treat.

Enjoy this healthy treat!

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