

# FOCHOLATE



80g Raw coconut oil in liquid form – may need to be heated

130g Almonds - ground

75g Walnuts - ground

250g Pitted dried dates - chopped finely

65g Desiccated coconut

40g Cocoa (no added sugar)

¼ tsp salt



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- Grease and line a low tin with baking paper.
  - Mix all ingredients together and press into the prepared tin, and smooth the surface if desired.
  - Score the top into squares with a knife and decorate each with a nut.
  - Refrigerate
  - Store refrigerated – melts quickly!

