

PB Chocolate Craving

Serves 1

Ingredients:

1 tbsp. melted coconut oil
1 1/2 tsp. natural unsweetened cocoa powder
1-2 tbsp. PB2 or similar product (or use natural almond butter/PB)
Stevia or Zylitol to taste

Directions:

1. Melt the coconut oil in a small microwave safe container.
2. Add remaining ingredients.
3. Freeze for about +/- 15 minutes.

Note: If you want "milk chocolate" add a splash of chocolate almond milk. Also, too much cocoa powder can add bitterness. Enjoy!