

LOW GLYCEMIC CHOCOLATE CLUSTERS

3/4 cup coconut oil
1/4 cup coconut sugar or lakanto
1/4 tsp stevia (plain, toffee, vanilla, etc.)
6 drops Medicine Flower essence (cherry, almond, maple, cinnamon, etc.)
1/8 tsp high mineral salt
Dash cayenne pepper
1/2 cup raw cacao powder
1/4 cup raw cacao nibs
1/4 cup goji berries
1 cup dried coconut chips or fine shredded coconut (desiccated)
1/2 cup soaked and dehydrated walnuts, almonds or pumpkin seeds or freeze dried raspberries

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- 1. Mix coconut oil, sweetener, vanilla, salt and cayenne together in a blender until smooth.**
 - 2. Pour into a bowl and hand mix in the cacao powder until well mixed.**
 - 3. Add the remaining ingredients and stir well.**
 - 4. Spoon globules of batter onto a cookie sheet and refrigerate until set (about 10 minutes).**
 - 5. Store in your refrigerator and enjoy often.**