

# 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**



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.