



### **Coconut Chocolate Raw Macaroons**

3 cups unsweetened dried coconut flakes

3/4 cup wheat bran

3/4 cup cocoa powder

5 stevia packets

4 tbsp. molasses

1/3 cup melted coconut oil

1 tbsp. vanilla extract

1/4 cup agave nectar

Pinch of sea salt

1/4 cup almond breeze

Mix all ingredients together and form into small balls and refrigerate until firm.

**Yields 40 macaroons in 15 minutes!!**

*Veronica Vargas,  
R.H.N  
Holistic Nutritionist*

These raw form of treat contains high amounts of calcium, iron, potassium, magnesium, selenium and vitamin B from the help of molasses which are all essential for health bones, and the nervous system. Coconut oil provides the body with quick energy and by passes the normal fat storage route of other fats, and supplies the brain with ketones essential for nerve transmission and healthy grades.

**Centre for Healthy Living**

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