

THE GOODS

Coconut cream layer

4 cups unsweetened, shredded coconut
1/2 cup coconut cream
1/4 cup maple syrup
1 teaspoon vanilla
pinch of salt

Chocolate layer (top)

1 1/2 cup 70% cacao chocolate bar
1/3 cup coconut cream
pinch of salt

THE METHOD:

Line 8x8 (or similar) pan with parchment. Pour coconut layer into base and press down and spread smooth with spatula, creating an even base. Melt chocolate, coconut cream and salt in a double boiler or microwave, making sure to stir and to not over cook. Remove from heat as soon as melted. Spread chocolate layer on top of coconut base layer until even. Sprinkle top with shredded coconut. Freeze for 1 hour. Cut into squares. Refreeze or refrigerate with lid or covering.

Recipe from Boulder Nutrition's former retreat chef: Ani Okun



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