



## **Divine Coconut (Almond) Chocolate Dessert**

This is an easy-to-make 3-4 ingredient Real Food dessert that even kids love! It is sugar-free, gluten-free, dairy-free, egg-free and soy-free. It derives its sweetness solely from fresh fruit and coconut (almond). These natural sugars are balanced with tons of healthy fats from the coconut, which will prevent your blood sugar from spiking and keep you feeling full and satisfied for long with only a small portion.

I do not give you exact quantities of the ingredients, because over the years I have prepared it in varying proportions and it was always very tasty. As a rule of thumb, the more coconut butter you use, the more solid the texture and the more filling, the more fruit compote you use the softer and sweeter. Just experiment a bit to find your ideal mix. I recommend preparing the fruit compote first and then spooning in more and coconut (or coconut-almond) butter until you reach your desired degree of sweetness and consistency.

### **Ingredients**

- Ripe pears (choose a sweet, juicy variety)
- Coconut butter or coconut-almond butter\*
- Dark chocolate (I used 98%, but anything >80% will do)

\*Attention, coconut butter is NOT coconut oil, but a sort of almond butter from coconut. If you are interested in this product, I invite you to join my [Qualitarian Food Meetup Group on Facebook](#), where I regularly place group orders for this product in Germany.

### **Preparation**

- Cut the pears into pieces, put into a pot, add a thin layer of water, bring to a boil and cook on a low heat for about 5-10min until soft.
- Blend the cooked pears to a puree (compote).
- Stir in the coconut butter. Because the pear compote is warm, the coconut butter will become soft and creamy and you will be able to completely mix the two without any chunks. (if you care about your coconut butter staying "raw", you should allow the pear compote to cool down to about 40 degrees before stirring in the coconut butter)
- Allow the pear-coconut mixture to cool down, either at room temperature, in the fridge or (during the colder seasons) in a covered container outside.
- Once the mixture is cooled down, cut the chocolate into small pieces and mix it in.
- This dessert tastes great directly out of the fridge and also at room temperature, depending on your preference.

### **Variations**

Instead of with pear, you can also prepare this dessert with apple compote or even with compote made from red beets or sweet potato. You could also add a few spoons of sugar-free granola for additional crunch.