



# KETO HAZELNUT CHOCOLATE CANDIES

## INGREDIENTS

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- 1 Bar Unsweetened Dark Chocolate (3.5 oz)
- ¼ Cup Coconut Oil
- 2 Scoops Ketologie Chocolate Shake Mix
- ⅓ Cup Hazelnuts
- ¼ Cup Heavy Cream

## INSTRUCTIONS

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In a microwave safe bowl combine chopped dark chocolate bar, Coconut oil and heavy cream and microwave for 90 seconds stirring every 30 seconds until completely melted and smooth.

Whisk Ketologie Chocolate Shake Mix into the chocolate mixture until smooth

Spoon out about 1 tbsp of the chocolate mix into your candy mold about (2 tbsp if using silicone muffin pan).

Place a whole hazelnut in the center of each candy or chop the hazelnuts and sprinkle over the top

Freeze for 1 hour, remove from molds and store in a sealable container in the freezer or refrigerator.

Title	Hazelnut Chocolate Candy
Servings	18
<b>Nutrition Facts</b>	<b>2 Chocolates per serving</b>
Calories	107
Total Fat	8.9 g
Saturated	6.3 g
Trans	0 g
Unsaturated	2.2 g
Monounsaturated	0.4 g
Cholesterol	2.3 mg
Sodium	25.1 mg
Total Carbohydrates	2.7 g
Dietary Fiber	1.9 g
Sugar	0.2 g
Protein	2.1 g
Vitamin D	0 %
Calcium	0.1 %
Iron	4.7 %
Potassium	2.3 mg
Vitamin A	0.5 %
Vitamin C	0 %