Christmas - Clean

CHOCOLATE CRACKLE CHRISTMAS TREES

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INGREDIENTS

- 100 ml coconut oil

- 3 tablespoons rice malt syrup or maple syrup (more or less to taste, I used rice syrup)

- ¼ cup desiccated coconut (optional)

- 2-3 tablespoons cacao (more cacao will make it more chocolatey)

- 2 cups puffed grain I used puffed brown rice but it would work with millet, quinoa or activated buckwheat (or a mix). See variations below for grain-free.

it's about the

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DIRECTIONS

1. Over a gentle heat, warm the coconut oil and syrup until combined. Mix in the cacao powder. Now combine this with the puffed grain and coconut (or nut variation below).
2. To make your mould, roll a piece of thin card into a cone shape and stick together. Line this with baking paper and wrap a piece of foil around the tip of the cone (to stop any oil leaking out).
3. Now spoon the mixture into the cone. Every couple of tablespoons, I packed the mixture down into the mould using the end of a wet rolling pin.
4. Once done, lay on its side in the freezer until set (15 minutes or so).
5. Remove the card and baking paper, decorate with berries and cherries and serve immediately (or store in the fridge until ready to eat).

Variations
Grain-free
Replace the puffed grain with the same amount of toasted almond flakes or another chopped nut or seed.
Low-fructose
Use rice malt syrup to sweeten.
Coconut-free
Replace the coconut oil with raw cacao butter and omit the desiccated coconut.
Make it minty
Add peppermint essence or essential oil for a peppermint chocolate treat.
Tip
Let your kids break them apart (like you would a Ginger bread house) to eat - messy but fun!!

Georgia Harding

SERVES: Makes 1 high tree