



# Carrot and Coconut Chocolate Cups

**45 minutes**

Hands on

**12**

Portion(s)

**1**

Difficulty



## Ingredients

- 200 g carrot, using the thick blades of the grater
- 100 g ground coconut, +extra for sprinkling
- 200 g granulated sugar
- 450 g chocolate couverture

## Διατροφικός πίνακας

Nutrition information per portion

325 Calories (kcal)	20.9 Total Fat (g)	14.0 Saturated Fat (g)	27.0 Total Carbs (g)
15%	30%	70%	10%
28.7 Sugars (g)	4.0 Protein (g)	6.5 Fibre (g)	0.02 Sodium (g)
32%	8%	26%	0%

## Method

**We would like to thank our dear friend Mary Patoula for creating this different version of my recipes!**

- Heat a pan over high heat until it gets very hot. Add all of the ingredients to the pan apart from the chocolate.
- Cook for 4-5 minutes while stirring continuously until all of the ingredients come together to form a paste and the coconut can release its aroma. Set aside.
- Melt the chocolate in the microwave. Put in a bowl, cover with plastic wrap and microwave for 1 minute at 700 watts. You can also use a water bath.
- Use a 12 cup muffin pan. Line each cup with a cupcake liner.
- Use a spoon to pour some of the melted chocolate in each cup. Press chocolate so it can spread nicely along the bottom and sides of the cup.
- Refrigerate for 10 minutes to chill.
- Divide the carrot-coconut paste among the 12 cups. Pour some melted chocolate over the filling to cover it.
- Sprinkle with some extra grated coconut.
- Refrigerate again until completely chilled.
- When chilled the chocolate will harden and you can easily remove them from the cups and they are ready to be served and enjoyed!