

3 cups walnuts
1/2 cup cacao (chocolate) powder
2 cups unsweetened shredded coconut
1/2 cup sweetener (or to taste)

Process walnuts until they are a buttery consistency
Add the remaining ingredients.
press into a 9x6 pan and freeze until firm.

That's the recipe. Here's what i did

1. i used our bullet until they were like a meal with walnut chunks
2. i added some peanut butter and coconut oil to get a 'fudgier' consistency.
3. i used the muffin pan to get 'serving size' units. Put them into the refrigerator rather than freeze.

Yum!