



## CHOCOLATE CRACKLES BY LUKE HINES



Makes 6 large or 12 regular-sized crackles

### INGREDIENTS

110g (½ cup) cacao butter  
60g (½ cup) cacao powder  
30g (½ cup) flaked coconut  
50g (½ cup) pecans, crushed  
2 tbsp coconut oil, plus extra to grease  
2 tbsp coconut cream  
1 vanilla pod, split and seeds scraped, or 1 tsp vanilla powder  
¼ tsp stevia  
pinch of salt

### METHOD

Grease a large 6-hole or regular 12-hole muffin tin with coconut oil and line with paper cases.

Melt cacao butter with cacao powder in a saucepan over medium-low heat, stirring, until smooth and creamy. Stir in remaining ingredients to combine, then spoon mixture evenly into paper cases and place in the fridge for about 30 minutes to set.

Enjoy straight away, store in an airtight container in the fridge for up to 1 week or freeze for up to 3 months.

**THE LOWDOWN:** They say you are what you eat and in the case of pecans – which look like mini brains – they are pretty much right! Pecans contain copper, which is necessary for healthy brain function, as well as manganese, which is known to help alleviate mood problems and focusing issues.