



Culinary Creations
by Connie
Personal Chef & Event Planning Services
Passion ~ Love ~ Food

Guilt Free Chocolate Posts de Crème

1		Egg
¼	C.	Maple Syrup
1 ½	Tsp	Instant Espresso Powder
2	Tsp.	Vanilla
8	OZ.	Dark Chocolate (72% Cacao preferably)
1	C.	Coconut Milk (canned)
		Fresh Blueberries, Raspberries, Nuts (Optional for garnish)
		Coconut Whipped Cream

Put all ingredients, except the coconut milk, in a Vitamix or similar type blender. Heat coconut milk in a small saucepan until very hot, do not boil.

With blender on low, add the hot coconut milk slowly into the blender.

Blend until the chocolate is completely melted and the mixture is smooth and thick.

Pour into individual cups and refrigerate until set, 1.5 hours or longer.

Once setup, top with whipping cream and fresh blueberries, raspberries and or nuts.

Refrigerate until ready to serve

