

SERVES 12

Sugar-Free Raspberry Dark Chocolate Cups

(Gluten-Free, Vegan, Low-Carb, Keto)

Isabellemckenzie.com | total time: 55 mins



INGREDIENTS

Chocolate coating:

- 1 cup of good quality cocoa powder
- 2/3 cup cacao butter or coconut oil, melted and cooled slightly
- 15-25 drops liquid stevia, to taste
- 1/2 tsp Vanilla extract (optional)
- Pinch salt

Raspberry jam filling:

- 3-4 cups of organic frozen raspberries
- 2/3 cup water
- 1 tbsp lemon juice
- 1/2 package of pectin
- 2 drops of sweetleaf vanilla creme stevia (or to taste)
- pinch of salt

INSTRUCTIONS

1. Add all ingredients to a heavy-bottomed pot, and stir to completely combine. Place on stove hob, and bring heat to medium-high. Bring just to a boil, stirring occasionally, and reduce heat to just under medium. Continue to cook, stirring gently every 10 - 15 minutes, until thick (about 40 minutes).
2. Remove from heat and cool. In a small mixing bowl, mix together all of the chocolate ingredients, scraping the sides and bottom of the bowl, making sure that everything is incorporated.
3. To assemble line a small muffin pan with paper liners (or use a candy cup mold). Fill the bottom of the lined cups or molds evenly with chocolate (about 1-2 tsp). Leave it to set for about 10 minutes in the fridge. Now spoon and center, roughly 1 teaspoon of the jam layer mix onto each bottom filled chocolate layered cup. It should spread without reaching the edges. Top with another teaspoon of chocolate mix, to cover the top and edges. Place it into the fridge, allowing it to set completely.
4. Store in the fridge until you're ready to eat it! Store any leftover jam in a glass container. The jam will last for about a week in the fridge.
5. (Note: using coconut oil will mean the cups will be slightly meltier at room temp.)

If you give this recipe a go, don't forget to tag me on Instagram @itsisabellem and using hashtag #cookingwithisabelle

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