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## Chocolate and Coconut Spread with Raspberries & Coconut Flakes

Preparation time: 15 minutes

Recipe by: Ryvita



### INGREDIENTS

**Serves 2 (Makes 4 portions of spread)**

2 tbsp. coconut oil, softened but not liquid (liquid- 1  
tbsp = 12g)

3 tbsp. thick coconut cream (1.5tbsp =22.5g)

2 tbsp. honey (1tbsp =21g)

1 tsp vanilla extract (2.5g)

2 tbsp. cocoa powder, sieved (1tbsp = 15g)

Pinch sea salt (0.5g)

4 Ryvita Original Rye Crispbread (28g)

50g raspberries

1 tbsp. coconut flakes or desiccated coconut, toasted  
(5g)

### METHOD

1. Beat the coconut oil and coconut cream together in a bowl until there are no lumps then add the honey, vanilla, cocoa powder and salt.
2. Put half of the chocolate spread onto the crackers then top with the raspberries and coconut flakes. Save the rest of the spread for another day.

Check out more recipes at <https://www.ryvita.com.au/recipes>