

Nutty Chocolate Caramel Melts

Make these Nutty Chocolate Caramel Melts for an indulgent treat to nourish your heart and soul. Dark chocolate's natural magnesium content not only promotes a balanced mood, reduced stress, and better sleep but also supports heart health.

Infused with **CanPrev's Liposomal Magnesium** for superior absorption, this recipe promotes heart health by regulating heart rhythms, supporting muscle function, and relaxing blood vessels, ultimately lowering blood pressure and mitigating cardiovascular risk.



Preparation time: 15 mins | Servings: 12



Ingredients

- 1 cup dark chocolate (85% or more)
- 1 tbsp extra virgin coconut oil, melted
- 1 cup walnuts
- 6 tsp Liposomal Magnesium

Method

1. In a double boiler, melt dark chocolate and coconut oil together. Mix to combine.
2. Spoon the chocolate mixture into a chocolate or ice cube mould and freeze for five minutes to set.
3. Once set, add walnuts and ½ tsp Liposomal magnesium to each mould to make the crunchy caramel filling.
4. Freeze for at least 2 hours before enjoying.

Storage instructions: Freeze in an airtight container for up to 8 weeks. Enjoy straight from the freezer whenever a sweet craving strikes!

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Developed by: Marilia Pereira



As a Holistic Nutritionist and Culinary Nutrition Expert, Marilia helps clients achieve optimal health through meal plans, clinical iridology, nutritional consultations, workshops and seminars.

