

Chocolate Covered Cherries

THM-Friendly: S

Cherry Filling:

- ½ cup + 1 Tbsp. coconut oil
- 3 Tbsp. THM Gentle Sweet
- 1 tsp. cherry extract
- 1/2 cup frozen dark sweet cherries (OR pick a fruit)

In a mixing bowl, combine coconut oil, Gentle Sweet, and cherry extract.

Fill the bottom of a mold half full with the coconut oil mixture,

Add 1/2 of a frozen cherry - whole if they are small and will fit.

Top with additional coconut oil mixture.

Freeze on a tray with parchment paper until solid (30 minutes or so).

Chocolate Coating:

- 3/4 cup stevia-sweetened chocolate chips
- 1 tsp. coconut oil

In the microwave melt the chocolate and coconut oil for 30 seconds, stir, repeat until almost melted then stir until smooth. You do not want to overcook them. (Or you can use a double boiler.)

Roll each ball in chocolate, place on parchment paper, and freeze until hardened.

Store in the refrigerator.

enJOY!!

