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THE  
**CrossFit***kitchen*

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### COCONUT HAYSTACKS

#### overview

This dessert is easy to make but impossible to keep out of your mouth.

#### blocks per haystack

4 fat blocks

#### ingredients

1 chocolate bar (85 percent or darker)

1-2 cups unsweetened, shredded coconut

#### directions

1. Heat the chocolate bar in a double boiler until it melts.
2. Turn off the heat and add coconut a little at a time until no liquid remains but the mixture is still glistening.
3. Spoon mounds onto a plastic-covered plate or baking sheet and chill in fridge for 15 to 20 minutes. Once the haystacks harden, they can be stored at room temperature.

