# **CrossFit**kitchen



# 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.



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