



Chocolate Sauce

Gluten, dairy, nut & sugar free chocolate sauce, made at home.

First off, I'll start by addressing the elephant in the room. YES, I know that Hershey's makes SF chocolate sauce and yes, I know that Walden Farms makes sugar free chocolate sauce. However... they both have a nasty aftertaste, like stinky feet after a marathon. So this is one of those instances where even though my recipe is 1 point higher than store bought... I'm still posting it.

Other than avoiding that God-awful Walden Farms and Hershey's aftertaste... the benefit of making it this way, is that **YOU** get to decide what sweetener and ingredients you use. Allergic to sucralose? Use Monkfruit. Don't like Monkfruit? Use Erythritol based sweeteners like Swerve. Do you prefer Stevia or Splenda? Then use those.

Ingredients:

- 1 cup plus 2 Tbsp of water
- 1-1/2 tsp cornstarch
- 1/2 cup unsweetened cocoa powder
- 1/2 cup 0 point sweetener of choice. I used Lakanto monkfruit, use whatever you want.***
- 1/4 tsp vanilla extract
- pinch of salt

Directions:

- 1 Add all ingredients into a small sauce pot. Heat over medium heat, whisking to break up the cocoa powder. As the water warms it will all mix together into a smooth liquid.
- 2 Bring to a rolling boil, stirring occasionally with a rubber spatula. Allow to simmer for 4 minutes, then turn off heat.
- 3 The sauce will continue to thicken as it cools. Store in the fridge, rewarm if needed.

Notes:

- Remember... in cooking recipes, when sweetener is called for, that MEANS to use a sweetener that is formulated for baking/recipes. Don't use sweetener packets for coffee. You want to use sweetener that is "granulated" or says on the package that it can be used as a substitute for sugar in baking. But... don't use "Monkfruit or Stevia in the Raw", they have a disgusting aftertaste.
- **IMPORTANT:** Different sweeteners have different points. Example, after a few Tablespoons, Splenda gets points, same with other sweeteners depending on the brands. If your sweetener isn't "true" 0 points, adjust your recipe's points.
- The best thing about this recipe is that it's highly customizable for people with different food allergies.

Serving Info.:

Yields: 1-1/4 cup

Servings: 5

Serving Size: 1/4 cup

Points:

	G	B	P
1 serving =	0	0	0
2 servings =	1	1	1
3 servings =	1	1	1
4 servings =	2	2	2

