Chocolate Magic Shell
A delicious topping to frozen desserts. Try with our Mango and Banana Sorbet, or Banana Ice Cream.

**Nutrition Facts on Reverse**

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
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</thead>
<tbody>
<tr>
<td>1/4 cup</td>
<td>Cocoa Powder</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Coconut Oil</td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>Maple Syrup</td>
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</tbody>
</table>

**Preparation:**
1. Gather all ingredients and equipment.
2. Put the coconut oil in a heat resistant bowl. Microwave until the oil completely melts and is hot to the touch, about 1 minute. Remove from microwave, and quickly move on to step 3.
3. Add the cocoa powder to the oil, mixing quickly until it is a smooth, consistent mixture.
4. Add the maple syrup to the mixture. Mix completely and then pour directly over your cold dessert.
### Nutrition Facts

10 Servings

**Serving size**  1/2 Tablespoon

**Amount per serving**

**Calories**  60

<table>
<thead>
<tr>
<th><strong>Total Fat</strong></th>
<th>6 g</th>
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<tbody>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>4.5 g</td>
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<tr>
<td><strong>Trans Fat</strong></td>
<td>0 g</td>
</tr>
<tr>
<td><strong>Monounsaturated Fat</strong></td>
<td>0 g</td>
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</table>

**Cholesterol**  0 mg

**Sodium**  0 mg

**Total Carbohydrate**  3 g

- **Dietary Fiber**  1 g
- **Total Sugars**  1 g
  - Includes 1g Added Sugars

**Protein**  0 g

**Vitamin D**  0 %

**Calcium**  0 %

**Iron**  2 %

**Potassium**  37 mg

**Phosphorus**  15 mg