

Super Food Mounds (S)

If you love Mounds candy bars, then you'll want to thank one of the wonderful admins on our Trim Healthy Facebook groups who developed this recipe. She called in the help of many of her admin friends and they tweaked this super food treat for weeks until they perfected the "Moundsiness". This recipe is found in the "Delicious Desserts & Treats - Candies & Bars" section of the [Trim Healthy Table Cookbook](#), page 424.

Multi-Serve Recipe

INGREDIENTS:

- 15 oz full-fat coconut milk (1- 15 ounce can)
- 1 Tbs [TH Just Gelatin](#)
- ¼ cup [TH Gentle Sweet](#) (plus 3 Tbs, or to taste)
- ½ tsp [TH Mineral Salt](#)
- ¼ cup [TH Integral Collagen](#)
- 1 Tbs butter (optional)
- 1 tsp [TH Natural Burst Vanilla Extract](#)
- 1/8 tsp [TH Natural Burst Coconut Extract](#) (optional)
- 1/8 tsp [TH Natural Burst Butter Extract](#) (optional)
- 1 doonk [TH Natural Burst Maple Extract](#) (optional)
- 3 cups unsweetened shredded coconut flakes (finely shredded)



DIRECTIONS:

1. Pour the coconut milk into a saucepan. Sprinkle the gelatin across the surface. Allow the gelatin to soften for several minutes before heating. Turn the heat to medium, then whisk in the sweetener, salt, collagen, and butter (if using). Simmer, whisking occasionally, for 15 minutes. Remove from the heat, then add the extracts and shredded coconut and stir.
2. Cover a baking sheet with wax paper or parchment paper. Form bites as desired (use a small cookie scoop or just roll the cooled mixture into balls with your hands). You could also use candy molds. Chill or freeze.
3. If desired, drizzle with melted chocolate, or dip in, or toss with. Put Mounds bites in baggies. Keep what you want for the week in the refrigerator and put the rest in the freezer.

FOR THE CHOCOLATE DRIZZLE:

- ¼ cup extra virgin coconut oil (melted; use flavorless kind if desired)
- 2 Tbs unsweetened cocoa powder
- 1 ¼ tsp [TH Super Sweet Blend](#) (ground in a coffee grinder)

Stir the ingredients together well in a small bowl.

This and other delicious TH recipes can be found at www.TrimHealthyMembership.com