

# CHOCOLATE WAFERS

BY BETSY HICKS

THIS RECIPE IS USED TO DISGUISE SUPPLEMENTS. Please check with your certified health practitioner to assure mixing, combining, slightly heating, freezing, and chewing supplements will not alter potency. Please store supplements in child proof container and out of reach of children.

## INGREDIENTS:

- 5 ounces or 1/2 bag GFCCF chocolate chips
- 1 tablespoon coconut oil or other hard fat

## DIRECTIONS

On double boiler melt chocolate and coconut oil. Cool to 108 degrees.

There are two ways you can add supplements:

Put enough supplements into chocolate mixture for about 22 dosages. Drop mixture onto parchment paper lined cooking sheet making about 22 wafers.  
OR

Make 22 piles of supplements on parchment paper lined cookie sheet and drop chocolate on top. Lightly stir with knife or chop stick.

Add more coconut oil if mixture becomes too thick. Freeze and when hard, pop up and store in air tight bag or container. After you take a wafer out of the freezer, serve it immediately as heat will force the wafer to melt.

