

# On the Go (chocolate)

This is the perfect LCHF substitute for a similar product on the market, which is full of sugar.

Start your day with this delicious recipe created by our friends at [Thermo Foodie & The Chef](#).

The Thermomix version of this recipe can be found in their [Low Carb for Everyone book](#), which is also available as an e-book, as are their other fabulous books.

- 300 grams Coconut Cream (OR Cream OR Almond Milk (search Recipes))
  - 150 grams Water (Purified)
  - 6 Eggs (Free Range)
  - 40 grams xylitol (OR Sweetener of choice)
  - 4 tspn Cacao Powder
1. Place the cream and water in to a saucepan and bring to the boil – immediately switch off.
  2. Whisk the eggs, xylitol and cacao powder until aerated.
  3. Pour the hot cream into egg mixture, whisking gently as you pour.
  4. Return mixture to the pot and cook over low heat, stirring for about 3 minutes until its slightly thickened and coats the back of a wooden spoon.
  5. Strain into a container and drink chilled.  
Thickens slightly on cooling and the egg taste disappears completely, but can also be drunk warm.
  6. Store in the fridge for up to 5 days or freeze for up to a month.  
Once frozen, it can be whipped for a minute on high speed in a blender or food processor for a delicious healthy ice cream.