

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Chocolate Ganache

### Ingredients

*200g dark chocolate (at least 70% cocoa),  
broken into small pieces*

*½ cup double cream*

### Method

1. Heat the cream in a saucepan on the stove.
2. Don't let it boil but let it bubble at the edges.
3. Remove from the heat just as it starts to simmer
4. Add the chocolate to the cream and stir as it melts and turns smooth and glossy.
5. It will thicken further as it cools.
6. Serve with Dessert Crepes (refer to GTE recipe)



**Preparation Time:** 2 minutes

**Cooking Time:** 2 minutes

For more recipes and information on living the low carbohydrate lifestyle find us at:

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