

Chocolate Treats

Serves: 10 | Gluten Free | Dairy Free | Plant Based | Snacks



INGREDIENTS

1/2 cup virgin coconut oil
1/2 cup cacao powder, sifted if necessary
1/4 cup pure maple syrup
1 tablespoon smooth almond butter
pinch fine sea salt

1 tbsp goji berries
1 tbsp pepitas
1 tbsp chopped walnuts (activated if possible)

METHOD

1. In a medium saucepan, melt the coconut oil over low heat.
 2. Remove from heat and whisk in the cacao powder, maple syrup, and almond butter until smooth.
 3. Add a pinch of sea salt to taste.
 4. Stir in half of the nuts and goji berries.
 5. Spoon the chocolate mixture into chocolate moulds (or silicon mini cupcake trays).
 6. Sprinkle on the remaining nuts and gojis.
 7. Place into freezer on a flat surface for about 15 minutes, until frozen solid.
 8. Once frozen, take out of tray and store in a container in the freezer until ready to eat.
- ** caution they melt quickly when out of the freezer!

Did you know?

Walnuts are a good source of an essential fatty acid called alpha-linoleic acid, pumpkin seeds are a good plant source of zinc and goji berries are high in antioxidants.

They taste like a treat but have so many health benefits I call them a super food!!