



DARK CHOCOLATE SNACK BITES

Cacao has phytonutrients that improve cognition, executive function, mood, insulin resistance and blood pressure. It also contains theobromine, which offers a longer lasting, more relaxed energy without the spike and crash of caffeine. The phytonutrient-rich dried fruit, seeds and nuts add crunch, saltiness and sweetness.



30 minutes + 1-2 hours refrigeration



30 pieces (1 serving = 1 piece)



3 plant points



Nuts, Sulphur dioxide from dried fruit

1 Lightly coat 2 silicone ice-cube trays (each with 15 small wells) with nonstick baking spray.

2 Melt the chocolate in the microwave, stirring every 30 seconds, until smooth.

3 Fill each well with 1 cm (1-2 Tbsp) chocolate.

4 Sprinkle a little of each topping over the chocolate. Gently press the toppings into the chocolate to make sure they stick. If you have any leftover melted chocolate, drizzle it over the tops of the bites.

5 Refrigerate for 1-2 hours, or until set and hard, then carefully pop the bites out of the ice-cube trays.

6 Store in an airtight container at room temperature or in the fridge for a few weeks.

300 g dark chocolate (70-100% cacao solids), finely chopped (or use chips)

TOPPING SUGGESTIONS

A variety of nuts (such as almonds, peanuts, pistachios or cashews), lightly crushed

A variety of dried fruit (such as cranberries, goji berries, cherries, blueberries or apricots), roughly chopped into small pieces

A variety of seeds (such as sunflower, pumpkin or hemp), slightly crushed

Orange or naartjie zest

Coconut flakes

SUGGESTED TOPPING COMBINATIONS

- Marula nuts and dried fruit
- Macadamia nuts and coconut flakes
- Cranberries and pistachios
- Sunflower seeds and dried pear
- Peanuts and raisins
- Orange or naartjie zest, pumpkin seeds and coconut flakes

MACRONUTRIENTS	Energy (kJ)	Carbohydrates (g)	Protein (g)	Fat (g)	Fibre (g)
PER SERVING	274.7	1.7	0.4	5.9	0.1