

Dark Chocolate Super Bites

Ingredients:

- 12 oz. dark chocolate (chocolate bar or chips)
- 3 tablespoons dried cranberries
- 3 tablespoons golden raisins
- 3 tablespoons almonds
- 3 tablespoons pumpkin seeds
- 3 tablespoons pistachios
- 2 tablespoons hemp seeds

Directions:

1. Lay out a piece of parchment or waxed paper to work on.
2. If using a chocolate bar, chop the chocolate into small pieces. Put chocolate in a microwave safe bowl and microwave on high for 1 minute, stir. Microwave for another 30 seconds, stir. If there are still lumps, microwave for another short burst of time and stir again.
3. Use a spoon to make small rounds of chocolate onto the parchment paper. You can nudge the round of chocolate with your spoon to help form a circle shape. Work with one at a time and sprinkle the top with an assortment of the fruit, nuts, and seeds. Press down slightly to assure that they stick.
4. Let the chocolate set at room temperature, or put in the refrigerator to speed up the setting process.
5. When all the chocolates have hardened, remove them from the paper and store in an airtight container at room temperature or in the refrigerator.

Nutrition Facts

Serving Size (40g)
Servings Per Container 12

Amount Per Serving

Calories 230 Calories from Fat 150

% Daily Value*

Total Fat 16g 25%

Saturated Fat 9g 45%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 18g 6%

Dietary Fiber 4g 16%

Sugars 11g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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