

# Pomegranate Chocolate Candy Cups

## Ingredients:

- 1 pomegranate
- 2/3 cup dark chocolate, 85 % cacao
- 1/4 cup roasted unsalted pistachios
- 3 tablespoons toasted coconut chips

## Directions

1. Using a mortar and pestle, crush pistachios until it forms a powder with some bites of pistachios to keep some crunch. Set aside in a bowl.
2. De-seed pomegranates and place seeds into a bowl. Make sure you discard all white parts that stick to seeds.
3. Place baking cups into mini cups baking tray.
4. Arrange pomegranate seeds into each cup, filling the cups up to 3/4 level with pomegranate seeds. Sprinkle crushed pistachios, quantity as you like.
5. Melt chocolate in microwavable bowl for 30 seconds twice, stirring between heatings.
6. Add 1 tablespoon of melted chocolate into each cup to almost cover seeds.
7. Sprinkle some toasted coconut chips on top
8. Refrigerate until chocolate hardens. Enjoy!

Note: Store in a plastic airtight container up to 2 weeks in the fridge.

## Nutrition Facts

Serving Size 1 candy cup (20g)  
Servings Per Container 24

Amount Per Serving

**Calories 50**      **Calories from Fat 30**

**% Daily Value\***

**Total Fat 3g**      **5%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 7g**      **2%**

Dietary Fiber 1g      **4%**

Sugars 5g

**Protein 1g**

Vitamin A 0%      • Vitamin C 2%

Calcium 0%      • Iron 2%

\*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

