

DARK CHOCOLATE CRISPY BITES

MAKES 20 BITES / PREPARE 10 MINS / COOK 10 MINS

Ingredients

- 100g Dark Chocolate at least 70% cocoa solids
- 40g Brown puffed rice without added sugar
- 25g Shredded coconut
- 20g Milled Flaxseeds
- 20g Sesame Seeds
- 20g Chia Seeds
- 1½ tbs Raw honey

Instructions

Chop the chocolate in small pieces and put in a bowl over a pan with about 3 inches of simmering water (without touching the water) until it is completely melted and smooth.

Take the bowl away from the simmering water and let cool down stirring for a few minutes. Add the rest of the ingredients.

Mix quickly with a metal spoon until the puffed rice is well covered and the mixture is homogenous.

Working quickly to avoid the mixture setting in the bowl and using a dessert spoon, drop little mounds of the mixture onto a tray lined with baking paper.

Put in the fridge to set for 15-20 minutes. If in a rush, and trust me once you've tried them you won't be able to wait long, you can just put them in the freezer for 5 minutes to set.

FANCY IT UP: for a "snowy" look, you can sprinkle some shredded coconut on top of the little mounds before they set. Once set you can sit them in mini-cupcake cases before arranging them on a serving dish.



Nutrifacts



Dark Chocolate contains FLAVANOLS, a type of flavonoids, that research shows may REDUCE HIGH BLOOD PRESSURE and maintain healthy arteries. Dark chocolate also contains good levels of ANTIOXIDANTS that help reduce the damage caused by free-radicals. Just remember that the higher the cocoa content (and less sugar as a result), the more health benefits and richer taste!

Brown Rice is high in FIBRE that helps intestinal health & transit, and B vitamins that support energy production.

Coconut is high in saturated fat; however, it contains high levels of LAURIC ACID, a saturated fat that research shows it INCREASES YOUR GOOD CHOLESTEROL. However, as it does contain other SATURATED FATS that may promote cardiovascular disease, consume in moderation.

Flaxseed is high in fibre and a good source of VEGETARIAN OMEGA-3 FATTY ACIDS, which help reduce inflammation and support brain development.

Chia seeds contain complete protein like that in animal sources with the added benefit that they contain good levels of omega 3 fatty acids.