



7 Recipes - Chocolate

Ginette Pierunek

<http://www.fullbodiednutrition.com>



Dark Chocolate Turtles

12 servings

30 minutes

Ingredients

- 1 cup Pitted Dates (soaked for 10 minutes then drained)
- 1/4 cup Pecans (whole or halves)
- 3 1/2 ozs Dark Chocolate

Directions

- 1 Finely chop the dates or blend in a food processor until sticky.
- 2 With damp hands, roll the dates into small even balls. Press the balls onto a pan lined with parchment paper, and top with pecans, pressing down slightly so that they stick. Freeze for 10 minutes.
- 3 Meanwhile, microwave the chocolate at 50% power for 30 seconds at a time until melted.
- 4 Using a fork, suspend the frozen dates into the chocolate until fully covered. Remove and let the excess chocolate drip off. Return to the parchment-lined pan and repeat until each date ball is coated with the chocolate.
- 5 Return to freezer for 10 more minutes to set. Transfer to the fridge until ready to enjoy.

Notes

- No Pecans:** Use hazelnuts, almonds, cashews or pumpkin seeds instead.
- No Dates:** Use a combination of prunes, dried apricots or raisins instead.
- Storage:** Refrigerate or freeze in an airtight container until ready to serve.
- No Microwave:** Melt the chocolate in a double boiler instead.
- Serving Size:** One serving is equal to one dark chocolate turtle.



Black Bean Brownies

9 servings

40 minutes

Ingredients

- 2 cups Black Beans (cooked)
- 3 Egg
- 1/4 cup Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 3/4 cup Cocoa Powder
- 1/4 cup Coconut Sugar
- 1/4 cup Raw Honey
- 1/2 tsp Baking Powder
- 3 1/2 ozs Dark Chocolate (chopped and divided)
- 1/4 cup Sliced Almonds

Directions

- 1 Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
- 2 Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
- 3 Add vanilla, salt, cocoa powder, coconut sugar, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
- 4 Add half of the chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
- 5 Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the remaining chocolate and the sliced almonds evenly over top of the brownies.
- 6 Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
- 7 Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

Notes

Less Ingredients: Omit the dark chocolate and almonds if desired.

Leftovers: These brownies keep well in the fridge up to 4 days. Freeze for longer.



Pistachio Pomegranate Bark

4 servings
30 minutes

Ingredients

- 7 1/16 ozs Dark Chocolate (at least 70% cacao)
- 1 cup Pomegranate Seeds
- 1/2 cup Pistachios (shelled and chopped)
- 1/4 cup Unsweetened Coconut Flakes

Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

Notes

Storage: Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



Chocolate Peanut Butter Banana Pops

10 servings
1 hour 30 minutes

Ingredients

- 2 Banana (large, ripe)
- 1/4 cup All Natural Peanut Butter
- 10 Popsicle Sticks
- 3 1/2 ozs Dark Chocolate (at least 70% cacao)
- 1 1/2 tsps Coconut Oil

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Slice bananas into 1/2 inch thick rounds. Use a butter knife to spread peanut butter onto half of the banana slices. Place the remaining banana slices on top to create a sandwich. Transfer to the baking sheet.
- 3 Hold the sandwiches firmly on both sides with one hand and insert popsicle sticks through the middle of the top of each sandwich so they are sticking up vertically. Place in the freezer and let harden for ~30 minutes.
- 4 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Use a spatula to transfer all the chocolate into a small cup (note: this makes it easier for dipping).
- 5 Remove the bananas from the freezer and dip them one-by-one into the melted chocolate. Feel free to double dip if you have leftover chocolate. (If you are sprinkling with any toppings, do so quickly while the chocolate is still wet.)
- 6 Place the pops back onto the baking sheet with the popsicle sticks sticking up vertically. Place back in the freezer until chocolate is hardened (about 30 to 60 minutes). Enjoy right away or store in an airtight container for later.

Notes

No Peanut Butter: Use any type of nut butter, raw honey or Strawberry Chia Jam.

Optional Toppings: After dipping in dark chocolate, immediately sprinkle with toppings of choice like chopped nuts, shredded coconut or cacao nibs.

Bigger Pops: Slice the bananas into thicker rounds.



No Popsicle Sticks: Skip the popsicle sticks and make Chocolate Peanut Butter Banana Bites instead.



Nutty Dark Chocolate Sea Salt Squares

16 servings
1 hour 30 minutes

Ingredients

- 1/2 cup Raw Honey
- 2 tbsps Coconut Oil
- 1 cup Almonds (chopped or smashed)
- 1 cup Pumpkin Seeds
- 1 cup Walnuts (chopped)
- 5 1/4 ozs Dark Chocolate (at least 70% cacao)
- 1 tsp Sea Salt (coarse ground)

Directions

- 1 Line a 8x8 pan with parchment paper.
- 2 Heat the honey, coconut oil and a pinch of sea salt in a small sauce pan over medium-low heat for about 10 minutes or until it starts to thicken. Then fold in the almonds, pumpkin seeds and walnuts. Stir until well coated then transfer into your paper lined pan. Press it down firmly into the pan. Transfer the pan to the fridge for 1 hour.
- 3 Once your squares have hardened in the fridge, lift the parchment paper from the pan and then cut the hardened nut mix into squares.
- 4 Create a double boiler by filling a large pot with water and placing a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get into the small pot.
- 5 Add the dark chocolate in the smaller pot and stir until melted.
- 6 Line a baking sheet with parchment paper.
- 7 Dip one end of each square into the dark chocolate. Place on the parchment paper. Repeat until all squares are dipped and then place in the fridge until the chocolate is set.
- 8 Once the chocolate is set, sprinkle the chocolate portion of each square with some coarse ground sea salt.
- 9 Arrange on a decorative plate and serve. Enjoy!



Notes

Storage: Refrigerate or freeze in an air-tight container.

Make as Bars: Slice into bars instead of squares. Use a spoon to drizzle with melted chocolate.

Mix it Up: Use any variety of seeds and chopped nuts. Sunflower seeds, pistachios, macadamia nuts, brazil nuts, cashews and pecans all work beautifully!



Mint Chocolate Chip Ice Cream

2 servings

5 minutes

Ingredients

- 2 Banana (sliced and frozen)
- 1/4 cup Mint Leaves (chopped)
- 1 3/4 ozs Dark Chocolate (at least 70% cacao, roughly chopped)

Directions

- 1 Add frozen bananas and fresh mint to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Stir in the chopped chocolate.
- 3 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Leftovers: Freeze in an airtight container for up to three months.

More Creamy: Add a splash of coconut milk.

More Scoopable: Add 1 tbs vodka to prevent hard freeze.

Less Work: Skip the chopping and use dark chocolate chips instead.



Chocolate Peanut Butter Eggs

9 servings

1 hour

Ingredients

- 1/2 cup Almond Butter
- 1 cup Almond Flour
- 1/8 tsp Sea Salt
- 3 1/2 ozs Dark Chocolate (at least 70% cacao)

Directions

- 1 In a bowl, combine the almond butter and sea salt. Add half of the almond flour and mix well. Continue to add remaining almond flour 1 tbsp at a time until you reach a thick, cookie-dough like consistency. The consistency should be thick enough to mould with your hands. The amount of almond flour required will vary depending on original consistency and oiliness of your almond butter.
- 2 Line a large baking sheet with parchment paper. Use a tablespoon to measure out even amounts of dough and drop them onto the baking sheet. Then form each dollop into an egg shape using your hands. Place the baking sheet in the freezer for at least 20 minutes to harden while you prepare the chocolate.
- 3 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 4 Line another baking sheet with wax or parchment paper. Take one egg out of the freezer at a time to avoid them becoming too soft. Gently set the egg on top of the prongs of a fork (do not pierce it) and run it through the melted chocolate. Tip the pot to one side to create a deeper pool of chocolate for dipping and have a spoon handy to spoon chocolate over the egg in hard to reach places. Lift the egg out of the chocolate and let the excess chocolate drip off.
- 5 Once the chocolate has stopped dripping, transfer to the baking sheet by tipping the fork vertically until the egg slides off onto the sheet. Use a spatula to help guide it off if it sticks. Repeat with all eggs and then place the baking sheet back into the freezer to harden.
- 6 If you have chocolate left over, feel free to do a second coat after 20 minutes in the freezer. Enjoy!



Notes

No Almond Butter: Use peanut butter or sunflower seed butter.

Leftovers: Refrigerate in an airtight container for up to seven days. Freeze for up to three months.



No Bake Dark Chocolate Coconut Cookies

15 servings

1 hour

Ingredients

1 cup Unsweetened Shredded Coconut
1/2 cup Quick Oats
5 ozs Dark Chocolate (at least 70%
cacao, broken into pieces)
1 tsp Vanilla Extract
1/8 tsp Sea Salt

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Heat a large skillet or frying pan over medium heat. Add the coconut and the oats to the warm pan. Toast the coconut and oats for 5 to 8 minutes, stirring often, until golden brown. Transfer to a large mixing bowl to cool.
- 3 Meanwhile, set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 4 Bring water to a boil then reduce to lowest heat. Add the dark chocolate to the smaller pot and stir until melted. Remove from heat and stir in the vanilla and salt.
- 5 Pour the melted chocolate into the bowl with the toasted coconut and stir to combine.
- 6 Spoon the chocolate and coconut mixture onto the prepared baking sheet and form into flat cookie shape approximately 2-inches in diameter. Freeze for about 30 minutes until solid. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week or freeze for up to one month. Cookies will melt if stored at room temperature.

Serving Size: One serving is one cookie.

Sugar-Free: Use a sugar-free chocolate instead.

No Double Boiler: Microwave the dark chocolate in a large glass bowl at 50% power for 30 seconds at a time until melted. Be careful not to overheat.



Salted Dark Chocolate Almond Granola

4 servings
40 minutes

Ingredients

2 cups Oats (rolled)
1/2 cup Ground Flax Seed
1/2 cup Sliced Almonds
1/2 tsp Sea Salt
1 3/4 ozs Dark Chocolate
2 tbsps Coconut Oil
2 tbsps Maple Syrup

Directions

- 1 Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the oats, ground flax, sliced almonds, and sea salt. Mix well.
- 3 Melt the chocolate, coconut oil, and maple syrup together in a small bowl over a pot of hot water on the stove (or in the microwave). Pour over the oat mixture and mix thoroughly until everything is coated with melted chocolate.
- 4 Spread the granola over the baking sheet and bake for 20 to 25 minutes. It will seem soft but will crisp up as it cools.
- 5 Divide between bowls and enjoy!

Notes

Serving Size: One serving is equal to approximately 3/4 cup granola.

Storage: Store in an airtight container in the fridge for up to 7 days or in the freezer for longer.

Nut-Free: Substitute the almonds for sunflower seeds.

Serve it With: Milk, yogurt, oatmeal, fresh fruit, or alone as a snack.



Inside Out Almond Joys

24 servings

15 minutes

Ingredients

4 1/4 ozs Dark Chocolate (at least 70% cacao, chopped)
1 tsp Coconut Oil
1 cup Almonds
1/4 cup Unsweetened Shredded Coconut

Directions

- 1 Microwave dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted. Stir well to combine.
- 2 Meanwhile, line a baking sheet with parchment paper.
- 3 Add almonds to the melted chocolate and stir to combine. Use a spoon to drop small, even clusters (containing about 4 to 5 almonds each) onto the parchment paper. The number of clusters you make should be equal to your serving size.
- 4 Sprinkle coconut overtop of each cluster immediately. Transfer to the freezer until the clusters are set, about 15 minutes.
- 5 Remove from the freezer and enjoy!

Notes

No Almonds: Use hazelnuts, peanuts or dried fruit instead.

No Coconut: Use hemp seeds instead.

Spread the Love: Package them in a tin or jar lined with parchment paper to give as a gift.

Serving Size: One serving is equal to one cluster.

Keto-Friendly: Use 90% cacao dark chocolate.