 **Fruit & Nut Chocolate Bites**

*Serves 25*

**Ingredients**

8oz dark chocolate

½ cup assorted dried fruits

½ cup chopped nuts

**Directions**

1. Prepare baking sheets lined with parchment or waxed paper.
2. Chop the chocolate into small pieces, if using a bar or block. Melt chocolate in microwave or over a double broiler. In the microwave, heat in 30 second increments, stirring in between to prevent burning. As soon as it is no longer chunky, chocolate is ready.
3. Two options: You can mix your fruit and nuts into the chocolate and drop by spoonfuls onto wax paper. Or you can drop the chocolate first by spoonfuls and then sprinkle fruit and nuts on top.
4. Refrigerate for at least 30mins to allow chocolate to harden. Store in an airtight container.

**Nutrition**

*63 cals, 4g C, 1g P, 4g F*

**Coconut Oil Chocolate**

*Serves 25*

**Ingredients**

½ cup coconut oil

½ cup cocoa powder

¼ cup (or less) liquid sweetener (honey, maple syrup, agave)

**Directions**

1. Heat coconut oil in a saucepan over low heat.
2. Once coconut oil has melted, remove from heat and whisk in cocoa powder. Add sweetener and mix until combined and smooth. Use as you would with regular melted chocolate.

**Nutrition**

*48 cals, 3g C, 0g P, 5g F*