



FRUITY CHOCOLATE BITES



Serves: 8
Prep: 10 mins
Chill: 30 mins



Nutrition per serving:
75 kcals
5g Carbs
6g Fats
1g Protein

Ingredients:

- 1 ½ oz. (40g) 85% chocolate, melted
- 8 almonds
- 4 brazil nuts, halved
- 4 walnuts
- 1 ½ tbsp. raisins
- 2 tbsp. dried Goji berries

Preparation:

1. Melt the chocolate using a bain-marie or in the microwave, and prepare a sheet of waxed paper.
2. With a spoon, form eight 'islands' of chocolate on the waxed paper. Set aside for 5 min.
3. Place the fruit and nuts on top of the chocolate. Chill in the refrigerator for 20-30 min. before serving.



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