

Living Well Cancer Resource Center: Being Well

February 2020

Topic: Dark Chocolate & Health Benefits

Dark Chocolate Banana Pops

Dark Chocolate Nut & Fruit Bark

Chai-Infused Dark Chocolate Pots de Crème

Dark Chocolate Hummus

Dark Chocolate Raspberry Bites

Easy Dark Chocolate Bark

Dark Chocolate Dipped Apricots

Almond-Stuffed Dark Chocolate Cherries

Dark Chocolate Avocado Mousse

Dark Chocolate Hummus

Ingredients:

1-15 ounce can chickpeas (1 ½ cups cooked)
¼ cup tahini
¼ cup maple syrup
½ cup cocoa powder (Dutch process or dark chocolate)
1 tsp. Vanilla extract
¼ tsp. Kosher salt

Directions:

Drain the chickpeas into a glass measuring cup and reserve.

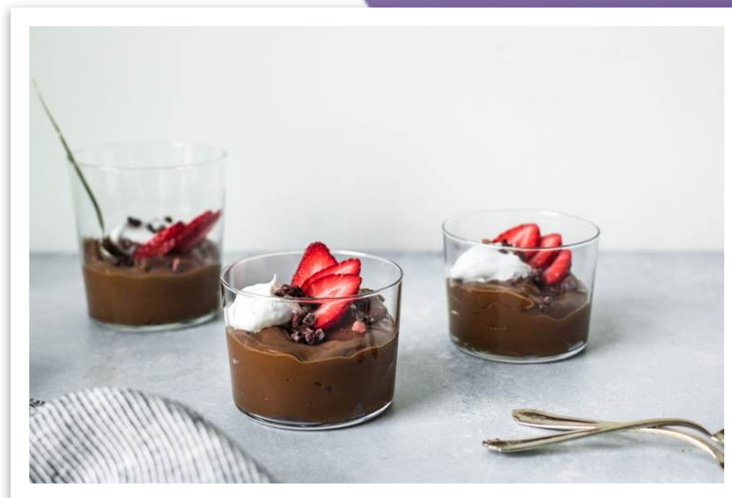
To the bowl of a food processor, add the chickpeas, tahini, maple syrup, cocoa powder, vanilla, kosher salt and 2 Tbsp. Water or the water from the chickpea can (aquafaba). Puree for 30 seconds, then scrape down the bowl. Taste if necessary, add a bit more syrup to your liking. Add additional 1 to 2 Tbsp. Water and puree again to come to a creamy consistency. Store refrigerated for 7 to 10 days.

Serve with pretzels, green apple slices and strawberries.

Yield: 8 servings

Serving size: 2 Tbsp.

Dark Chocolate Avocado Mousse



Ingredients:

1 bag (12 oz) dark chocolate chips
6-8 Avocados, ripe
1 tsp. vanilla extract
½ tsp. cinnamon
Fresh berries (blueberries, raspberries & strawberries), about ¼ cup per serving
Siggi's plain yogurt, 8 oz

INSTRUCTIONS

1. Using a double boiler, melt the chocolate chips and stir until smooth.
2. In a large bowl, mash the avocados.
3. Add the melted chocolate to the avocados.
4. Using a hand mixer or immersion blender, blend together the avocado/chocolate until smooth. Add the vanilla & cinnamon and blend.
5. Refrigerate for an hour before serving.

To serve:

In an individual serving bowl, add 1/3 cup of the chocolate mixture, ¼ cup berries and 1 Tablespoon yogurt.
Enjoy!!

Easy Chocolate Bark

Ingredients:

12 ounces dark chocolate chips (60% cacao content)
¾ cups nuts or seeds (almonds, pecans, hazelnuts, pistachios and/or pepitas)
¼ cup dried fruit (cranberries, cherries, apricots or candied ginger).
¼ tsp. Flaky sea salt, optional

Directions:

Toast seeds optional (Bake at 350 degrees F on a rimmed baking sheet for about 6-9 minutes until lightly golden)

On a cutting board, roughly chop nuts.

Using a double boiler, melt chocolate, stirring every 30 seconds. Do not over do it. Cover a large rimmed baking sheet with parchment paper. Using a silicone spatula pour the chocolate mixture onto the pan. Spread chocolate for about a ¼ inch thickness.

Sprinkle the nuts evenly over the chocolate, followed by dried fruit.

If you're adding the flaky salt, crush it between your fingers as you sprinkle it over the chocolate. Using the back of a bamboo spoon, gently press the toppings into the chocolate.

To harden chocolate, may place pan into the refrigerator for 15 minutes or more until completely hardened.

Once hard, use a knife or hands on the parchment paper to break up the chocolate into about 25 pieces.

Serve immediately or cover and store at room temperature for up to a week.