



Dark Chocolate Covered Blueberries

Prep Time: 5 minutes, plus 15 minute freezer time

Yield: 1 serving

Ingredients

1 ounce 100% fair trade dark chocolate
1 tablespoon coconut oil
1 teaspoon maple syrup
6 ounces fresh blueberries, rinsed + dried
pink Himalayan salt

Preparation

1. Heat dark chocolate, coconut oil and maple syrup over medium heat in a small pan. Once melted remove from heat and stir in blueberries
2. Thoroughly coat blueberries in chocolate and pour evenly on a parchment lined sheet pan. Sprinkle with a small of sea salt or pink Himalayan salt.
3. Freeze for 15 minutes. Eat immediately or Store in airtight container in freezer.

Recipe provided by Chef Teresa Hansen

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