Sweet and crunchy chocolates

This week I was looking to make a really quick, chocolatey sweet treat, but I wanted to keep it healthy. I'm loving dates, brazil nuts and buckinis at the moment, so I came up with this simple recipe, which took no time at all to put together (and eat). You can use any mix-ins you like though, so don't feel restricted by what I chose!



Ingredients:

1/2 cup softened nut butter
2 – 4 tablespoons maple syrup (or preferred liquid sweetener)
1 – 2 teaspoons vanilla extract
1/2 cup cacao powder (or cocoa)
6 – 10 tablespoons mixed chopped nuts, dried fruits and/or seeds

Method:

Combine the wet ingredients well. Add the cacao
Stir in the nuts, fruits and/or seeds
Spoon into desired moulds (or a tin and cut the chocolate slab into slices once set)
Put into the freezer to set
Store in fridge or freezer



*Adjust the amount of mix ins and sweetener depending on what you fancy

**I used a combination of medjool dates, cranberries, brazil nuts, macadamias, sunflower seeds and buckwheat. Delicious!