

# 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!