

Salty Berry Sweet Chocolate Cups

🕒 25 min 🍽️ 10 servings

61 Kcal / serving

1g Protein 5g Fat 2g Carbs

Ingredients

- **Sugar Free Chocolate (e.g. Well Naturally)**, 7 portion(s) 15g (700 g)
- **Hazelnut, Nut**, 10 nut (10 g)
- **100% organic unsweetened shredded coconut**, 1 tbsp (5 g)
- **Ocean spray, raisins dried cranberries, strawberry**, 0.0625 cup (10 g)
- **Salt, sea flakes**, 1 sprinkle (0.4 g)



Instructions

1. Melt the chocolate in the microwave oven in 20 second intervals. Keep stirring until melted. Be careful not to burn.
2. Place 10 small cupcake liners into muffin tins, 5 cm in diameter.
3. Pour the melted chocolate evenly into the cupcake liners.
4. Sprinkle each chocolate treat evenly with the nuts, coconut and berries, and lastly with the sea salt flakes.
5. Let cool in the fridge before enjoying

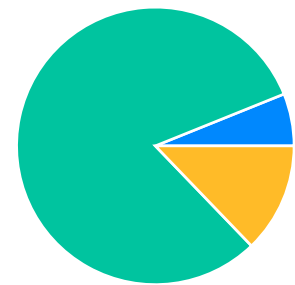
Comments

Keto, Vegan, Vegetarian, Gluten Free, Fodmap Friendly.

Store in airtight container in fridge for up to one week.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	604.8	83.4	60.5
Protein [g]	8.7	1.2	0.9
Fat [g]	51.4	7.1	5.1
Carbs [g]	18.3	2.5	1.8
Fiber [g]	30.5	4.2	3.1
Net Carbs [g]	-12.2	-1.7	-1.2



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	16.3	2.2	1.6
Iron, Fe [mg]	0.5	0.1	0.1
Magnesium, Mg [mg]	16	2.2	1.6
Phosphorus, P [mg]	31	4.3	3.1
Potassium, K [mg]	92.5	12.8	9.3
Sodium, Na [mg]	219.8	30.3	22
Zinc, Zn [mg]	0.2	0	0
Vitamin A, RAE [ug]	0.2	0	0
Vitamin E [mg]	1.8	0.2	0.2
Vitamin D [ug]	0	0	0
Vitamin C [mg]	0.2	0	0
Thiamin [mg]	0	0	0
Riboflavin [mg]	0	0	0
Niacin [mg]	0.2	0	0
Vitamin B6 [mg]	0.1	0	0
Vitamin B12 [ug]	0	0	0
Vitamin K [ug]	0	0	0