



Dark Chocolate Valentines Recipes

NANCY LEEDS GRIBBLE



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Wishing you a delicious valentines!



FRUITS

- 1/4 cup Pomegranate Seeds
- 4 cups Strawberries

BREAKFAST

- 2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 cup Ground Flax Seed
- 2/3 tsp Sea Salt
- 1/2 cup Sliced Almonds
- 1/4 cup Slivered Almonds

BOXED & CANNED

- 1/2 cup Quick Oats

BAKING

- 13 3/4 ozs Dark Chocolate
- 2 cups Oats
- 2 tbsps Unsweetened Coconut Flakes
- 1 cup Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

CONDIMENTS & OILS

- 2 tbsps Coconut Oil

Dark Chocolate Love Bites

15 SERVINGS 20 MINUTES



INGREDIENTS

3 1/2 ozs Dark Chocolate (at least 70% cacao)

1/4 cup Pomegranate Seeds

1/4 cup Slivered Almonds

NUTRITION

AMOUNT PER SERVING

Calories	56	Protein	1g
Fat	4g	Cholesterol	0mg
Saturated	2g	Sodium	1mg
Trans	0g	Vitamin A	3IU
Polyunsat...	0g	Vitamin C	0mg
Monounsa...	1g	Calcium	11mg
Carbs	4g	Iron	1mg
Fiber	1g	Vitamin D	0IU
Sugar	2g	Vitamin B12	0µg

DIRECTIONS

- 01 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get in the smaller pot.
- 02 Add the dark chocolate into the smaller pot and stir continuously until melted.
- 03 Spread a large piece of wax paper across your counter. Dollop a heaping teaspoon of melted chocolate onto the wax paper so it forms a circle. Repeat until all chocolate has been used up. Immediately place 4 or 5 pomegranate seeds in the centre of each chocolate and then surround with slivered almonds.
- 04 Let chocolate cool for 1 hour before peeling off of the wax paper. Arrange on a decorative plate or store in a mason jar. Enjoy!

Chocolate Dipped Strawberries

4 SERVINGS 30 MINUTES



INGREDIENTS

3 1/2 ozs Dark Chocolate (at least 70% cacao)

4 cups Strawberries (whole)

2 tbsps Unsweetened Coconut Flakes

NUTRITION

AMOUNT PER SERVING

Calories	212	Protein	3g
Fat	13g	Cholesterol	1mg
Saturated	8g	Sodium	7mg
Trans	0g	Vitamin A	27IU
Polyunsat...	1g	Vitamin C	85mg
Monounsa...	3g	Calcium	41mg
Carbs	23g	Iron	4mg
Fiber	6g	Vitamin D	0IU
Sugar	13g	Vitamin B12	0.1µg

DIRECTIONS

- 01 Wash strawberries and dry very well. Spread a large piece of parchment paper across a large baking sheet.
- 02 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 03 Tilt the pot with the melted chocolate to one side so that all the chocolate pools. Hold the strawberries by the stem and dip them into the melted chocolate one-by-one. Place on parchment paper. Sprinkle with shredded coconut immediately.
- 04 Transfer the chocolate dipped strawberries to the fridge for 20 minutes or until chocolate is completely set. Remove from parchment paper and store in an airtight container in the fridge until ready to eat. Enjoy!

NOTES

NO SHREDDED COCONUT

Use coarse sea salt instead.

ADD A KICK

Sprinkle chocolate with a pinch of cayenne pepper before it hardens.

Salted Dark Chocolate Almond Granola

4 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Oats (rolled)
1/2 cup Ground Flax Seed
1/2 cup Sliced Almonds
1/2 tsp Sea Salt
1 3/4 ozs Dark Chocolate
2 tbsps Coconut Oil
2 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	490	Protein	13g
Fat	28g	Cholesterol	0mg
Saturated	10g	Sodium	301mg
Trans	0g	Vitamin A	5IU
Polyunsat...	4g	Vitamin C	0mg
Monounsa...	4g	Calcium	105mg
Carbs	47g	Iron	5mg
Fiber	10g	Vitamin D	0IU
Sugar	10g	Vitamin B12	0µg

DIRECTIONS

- 01 Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, combine the oats, ground flax, sliced almonds, and sea salt. Mix well.
- 03 Melt the chocolate, coconut oil, and maple syrup together in a small bowl over a pot of hot water on the stove (or in the microwave). Pour over the oat mixture and mix thoroughly until everything is coated with melted chocolate.
- 04 Spread the granola over the baking sheet and bake for 20 to 25 minutes. It will seem soft but will crisp up as it cools.
- 05 Divide between bowls and enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately 3/4 cup granola.

STORAGE

Store in an airtight container in the fridge for up to 7 days or in the freezer for longer.

NUT-FREE

Substitute the almonds for sunflower seeds.

SERVE IT WITH

Milk, yogurt, oatmeal, fresh fruit, or alone as a snack.

No Bake Dark Chocolate Coconut Cookies

15 SERVINGS 1 HOUR



INGREDIENTS

1 cup Unsweetened Shredded Coconut
1/2 cup Quick Oats
5 ozs Dark Chocolate (at least 70% cacao, broken into pieces)
1 tsp Vanilla Extract
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	103	Protein	1g
Fat	8g	Cholesterol	0mg
Saturated	6g	Sodium	24mg
Trans	0g	Vitamin A	4IU
Polyunsat...	0g	Vitamin C	0mg
Monounsa...	1g	Calcium	8mg
Carbs	8g	Iron	1mg
Fiber	2g	Vitamin D	0IU
Sugar	3g	Vitamin B12	0µg

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Heat a large skillet or frying pan over medium heat. Add the coconut and the oats to the warm pan. Toast the coconut and oats for 5 to 8 minutes, stirring often, until golden brown. Transfer to a large mixing bowl to cool.
- 03 Meanwhile, set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 04 Bring water to a boil then reduce to lowest heat. Add the dark chocolate to the smaller pot and stir until melted. Remove from heat and stir in the vanilla and salt.
- 05 Pour the melted chocolate into the bowl with the toasted coconut and stir to combine.
- 06 Spoon the chocolate and coconut mixture onto the prepared baking sheet and form into flat cookie shape approximately 2-inches in diameter. Freeze for about 30 minutes until solid. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week or freeze for up to one month. Cookies will melt if stored at room temperature.

SERVING SIZE

One serving is one cookie.

SUGAR-FREE

Use a sugar-free chocolate instead.



NO DOUBLE BOILER

Microwave the dark chocolate in a large glass bowl at 50% power for 30 seconds at a time until melted. Be careful not to overheat.

