

Chocolate Walnuts

Ingredients:

- 2 cups walnuts
- 1 dark chocolate bar
- 2 Tbs coconut oil
- 1/4 tsp pumpkin spice
- 1 Tbs shredded coconut
- a pinch of Himalayan salt

Yield: 2 cups or 16 servings



Method:

1. In a double boiler, melt the chocolate bar, add coconut oil, and pumpkin spice and stir gently until well incorporated and liquid. Remove from heat.
2. Add walnuts to the chocolate liquid and mix well until fully covered.
3. Spread walnuts on a sheet covered with a parchment paper, sprinkle with shredded coconut and put in a freezer for 1 hour.
4. Serve immediately with fresh fruits or berries. 1 serving is 1/8 cup.
5. Keep frozen for up to 2 months or refrigerated for up to 5 days.

Recipe variations:

- Soak and dehydrate the walnuts for optimal digestibility
- Instead of walnuts, use almonds, pistachios or other nuts
- Optional: you can make your own chocolate from raw cacao powder, dates, maple syrup, and coconut oil

This recipe makes a beautiful and delicious homemade gift!