

DARK (H)OCOLATE ANTIOXIDANT BITES

ALL YOU NEED:

- 1 bag (10oz) dark chocolate
*the higher the cacao percentage the better!
- ½ cup pistachios, roughly chopped
- ¼ cup pecan halves
- 2 teaspoons shelled hemp seeds
- 1 teaspoon chia seeds
- 2 tablespoons pepitas
- 3 tablespoons sliced almonds
- 3 tablespoons dried cranberries
- 3 tablespoons golden raisins
- ½ teaspoon coarse sea salt



ALL YOU DO:

1. Line a baking sheet with parchment paper.
2. Melt the chocolate in the microwave for 30 seconds at a time, stirring in between until completely melted.
3. Using a spoon, scoop rounds of chocolate onto the parchment paper. They will flatten and make individual rounds.
4. Sprinkle the assortment of dried fruits, nuts, seeds and sea salt onto each round.
5. Place the bites in the refrigerator until firm. Enjoy!



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