



Friday Facts

June 25, 2021

Lots of Possibilities

You have to love when there's room in a recipe to get creative. This particular dessert recipe comes from **Allrecipes.com** and has a pretty solid score of 4 stars from fellow users who have tried it. Says the creator, "My husband and I made this up while we were on a vegan diet. All 3 ingredients are superfoods, so not only is this chocolate yummy, but actually good for you!" Other reviewers weighed in what they added to the treat (slivered almonds, crushed hazelnuts, coconut, raspberry chips, etc.), so you can really tailor this to your taste!

Amazing Healthy Dark Chocolate

Ingredients

- 1 cup coconut oil, melted
- 1 cup unsweetened cocoa powder
- 1 cup maple syrup

Directions

Mix coconut oil, cocoa powder, and maple syrup together in a bowl until evenly combined. (Reviewer says: "After trying to mix the ingredients and having it very lumpy, I put my stove on the lowest possible setting and barely warmed the mixture for 2 minutes or so, just enough to make it a silky smooth texture.")

The original writer suggests using the chocolate to dip fruits in, chill and roll into truffles, or make hot chocolate. Several reviewers suggest pouring the chocolate

into silicone muffin pans and adding toppings, like nuts, coconut, raisins, etc.

If you try this, we'd love to know what direction you take in making this your own! Email us at **BEST@REALiving.com** to share your experience!



The *Friday Facts* are for informational purposes only. It does not diagnose problems or recommend specific treatment, and it's not a substitute for your doctor's care.

This information provided to you by your EAP provider, REALiving®. For more information go to: **EAP.REALiving.com**

REALiving®
Helping You Be Your BEST.