

# Chocolate Dressing

Dress up your fruits or nuts with some chocolate!

½ c. coconut oil (I prefer virgin)

½ c. cocoa powder (can replace with carob if desired)

¼ c maple syrup or honey

Pinch of pink Himalayan salt

Either in a blender or by hand mix the syrup, salt, and powder. Melt the coconut oil and add it to the coco mix. Do not over mix. Oil and sugars mixed for a prolonged amount of time bind and begin making a caramel texture. Drizzle over your favorite fruits or nuts. Let them sit in the fridge or a cool place for 30 minutes to allow the coconut oil to solidify. My children love chocolate covered strawberries. Enjoy!

Recipe by Kelly Pomeroy