

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Dark Chocolate Covered Pomegranate Seeds

2 1/2 T cocoa powder

2 1/2 T coconut oil

(cold or firm- not melted)

4 tsp. maple syrup

1/2 C pomegranate seeds (arils)

salt



Mix everything except the pomegranates in a small bowl with a tiny whisk or a fork. The mixture will be quite thick and grainy. Set the container in a larger container full of hot water and continue gently stirring until mixture becomes smooth as silk. Put your pomegranate arils in the mixture, about 1 tsp. full at a time, and stir to coat. Use a spoon to scoop them up out of the mixture, but let the excess chocolate drain at the side of the container.

Drop the coated arils onto a waxed paper lined plate. You'll notice that the chocolate starts

to set up even before you're finished dipping the arils, either work quickly, or simply place your container back into the hot water bath. Put the finished product in the fridge to set up. These won't melt out at room temperature for a good 30-60 minutes, but they taste best cold.

*Recipe found in Melt in Your Mouth by Melissa Chappell.*