



Dark Chocolate Clusters

12 Servings • 1 Serving = 1 Cluster

INGREDIENTS

- ¼ cup natural walnuts
- ¼ cup natural pumpkin seeds
- 6 ounces dark chocolate chips, about 1 cup (60-70% cacao or higher)
- Optional: ½ teaspoon ground cinnamon, 1 teaspoon candied ginger (chopped), 1 teaspoon candied orange peel (chopped)
- Coarse sea salt, to taste

DIRECTIONS

1. Heat an oven to 350°F. Place the walnuts and pumpkin seeds on a baking sheet and toast in the oven about 5 minutes. Remove the sheet from the oven and set aside to cool.
2. Add water to a 2-quart saucepan and bring to a boil. Reduce heat to a simmer and cover with a heat-proof bowl. The bowl should sit snugly in the pan but should not touch the water. Add the chocolate chips and melt slowly. Alternately, you can melt chocolate in the microwave by starting with 30 second increments.
3. Once chocolate is fully melted, fold in the walnuts and pumpkin seeds and cinnamon, ginger, and orange peel.
4. Using a Tablespoon, scoop out and gently drop on a baking sheet lined with wax paper. Sprinkle each cluster with a few granules of coarse sea salt. Allow to cool at least 30 minutes in the refrigerator or until fully set. Store in an airtight container in the refrigerator.

Nutrition Facts

6 servings per container
Serving size 1 cluster

Amount per serving
Calories 200

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 2mg	10%
Potassium 74mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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