

Holiday Recipes



DARK CHOCOLATE DIPPED FRUIT

Chocolate Dipped Fruit, especially when compared to other desserts, is low in calories, sugar, and saturated fats. They also have the benefit of added fiber (keep the skin on your fruits when able!) and vitamins and minerals.

Ingredients

1/4 cup high-quality dark chocolate chips (at least 70%)

Fresh fruit (large strawberries, pineapple spears, apple or pear slices, sliced banana, peach or plum slices, orange segments)

Instructions

1. Place dark chocolate in a microwave safe bowl and microwave on high for 1 minute. Stir to combine. If necessary heat another 15 seconds until chocolate is smooth.
2. Prepare fruit of choice by slicing or segmenting, leaving the skin intact when possible (for more nutrients!). Dip pieces of fruit about halfway into melted chocolate and lay on wax paper to dry. Refrigerate 10-20 minutes until firm.

THIS MONTH'S SUPERFOOD IS

Dark Chocolate

Dark Chocolate Cherry Almond Bark

- 6 ounce Nuts, Almonds, Chopped
- 8 ounce Cherries, Dried
- 1 pound Chocolate Chips, Dark, 66% Cacao

Melt the chocolate in a stainless steel bowl over simmering water. Using a sharpie, draw a 9"x10" rectangle on a sheet of parchment paper. Turn the paper over and place in a level sheet pan. Pour the melted chocolate onto the tracing and spread to form a rectangle. Sprinkle the cherries and the almonds over the chocolate and press down slightly. Set pan aside and allow to cool for 2 hours until firm.

Cut the bark into 1"x3" pieces!



Cherry Lime-Rose Mocktail

A major trend has begun sweeping the country, with many people enjoying a zero-proof twist on their beverages. Some are even exploring a “Dry January” after a very festive holiday season. Although, omitting alcohol doesn’t mean omitting flavor or fun. Enter, our cherry lime-rose mocktail.

Ingredients

- 2 oz frozen cherries
- 4 oz club soda
- 1 Tbsp fresh lime juice
- 1 each fresh rosemary sprig
- 1 each fresh lime slice



Instructions

1. Blend together 2 fl oz of tart cherries, lime juice and 2 fl oz soda until smooth (or may sub 2 fl oz of tart cherry juice for the cherries).
2. Pour mixture over ice and add the additional 2 fl oz of soda.
3. Garnish with a sprig of rosemary and lime slice.

Chef Tips

Portion: 6 oz.

Nutrition

Calories: 60kcal | Carbohydrates: 16g | Protein: 0g | Fat: 0g | Saturated Fat: 0g | Sodium: 25mg | Fiber: 2g | Sugar: 13g

<https://www.weeatlivedowell.com/cherry-lime-rose-mocktail/>