



DARK CHOCOLATE AND STRAWBERRY JAM CUPS

INGREDIENTS

Dark Chocolate Layer:

4 oz (113 g) – org unsweetened dark chocolate 85% and up (vegan, gluten & nut free)

3 tbsp – org coconut butter

1 tbsp – cocoa butter (1 small piece)

1 tbsp – org coconut cream (full fat)

1 tbsp – org raw turbinado sugar (unrefined)

PREP TIME: 5 MINS

COOK TIME: 20 MINS

TOTAL TIME: 25 MINS

+ 2 H REFRIGERATION

SERVES: 8

VEGAN

GLUTEN-FREE

NUT-FREE

REFINED SUGAR-FREE

DIRECTIONS (1)

Dark Chocolate Layer:

Step 1

Melt ALL ingredients together using the double boiler method.

Double boiler method explained:

- Add water to medium size saucepan – fill half way – bring to boil then gently simmer at 95° F (35°C).

- Add small size saucepan, or small glass bowl, on top of the medium size pan.

Stir gently and occasionally. The chocolate mixture along with the other ingredients will melt on its own. The result is a smooth, shiny, creamy texture.

Step 2

Prepare 8 individual medium size silicone muffin cups.

Step 3

Keep the chocolate mixture on top of the double boiler but turn off the heat.

Notes:

You can replace turbinado sugar with another option of unrefined sugar, artificial sweetener erythritol or stevia based, or maple syrup. If erythritol or stevia is used add just 1 tsp.

If there is leftover chocolate mixture after filling of the cups, you may choose to add it on top of the strawberry jam layer, or just in separate molds for chocolate only bites.



DARK CHOCOLATE AND STRAWBERRY JAM CUPS

INGREDIENTS

Strawberry Jam Layer:

- 1 ½ cup – org cut strawberries
- 1 tsp – lime zest
- 1 tsp – lime juice
- 1 tsp - non-alcoholic Madagascar vanilla extract
- 1 tsp – agar-agar powder
- 1 tbsp – filtered water

PREP TIME: 5 MINS

COOK TIME: 20 MINS

TOTAL TIME: 25 MINS

+ 2 H REFRIGERATION

SERVES: 8

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Assembly of the layers:

Step 1

Immediately after the strawberry jam is ready, pour the creamy, chocolaty mixture at the bottom of the silicone muffin cups. Thickness should be almost half of a 1 inch – 1.5 cm approx.

Fill out all 8 muffin cups.

Step 2

Right after the chocolate layers are ready, pour the strawberry jam right on top at 1-inch thickness – 2.5 cm approx.

Step 3

Refrigerate the muffins cups for approx 2 hours, and then gently remove the formed dark chocolate and strawberry jam cups. The best way to remove chocolate cups is to turn the silicone mold inside out gently. The layers are already set and should be easy to remove.

DIRECTIONS (2)

Strawberry Jam Layer:

Step 1

Add the following two ingredients to a small pan – cook on top of the stove at low temperature 95° F (35°C):

- cut strawberries
- lime zest
- lime juice
- non-alcoholic Madagascar vanilla extract

Leave to simmer to a slight boil for approx 10 min.

Step 2

Mix:

- agar-agar powder
- cold water

After approximately 10 min time of simmering the strawberry mixture ADD the agar-agar gel mixture.

Continue to whisk the formed strawberry jam for about 2 more minutes until the mixture slightly thickens up.