



“BLUEBERRY BLISS CHOCOLATES”

by Chef Andrea
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50 calories each and 12 servings

FREE of: Dairy, Soy, Nut, Gluten, & White Sugar

Ingredients

Filling / Ganache

- 3/4 cup dark chopped chocolate- Fair Trade, Organic + Dairy Free
- ¼ cup unsweetened rice milk
- 2 t organic coconut sugar
- ½ t coconut oil
- 1/8 t fine sea salt

Toppings

- ¼ cup unsweetened coconut flakes
- ¼ cup crushed dried blueberries*
- ¼ cup crushed dried raspberries*
- *Add coconut sugar if needed

Dipping

½ cup dark chopped chocolate- Fair Trade, Organic & Dairy Free
12 all medium same sized organic blueberries

Items Needed

Sauce pan w/lid, spatula spoon for mixing and scraping, small container with lid, parchment paper, display tray/platter for chocolates
glass bowl (used as a double boiler), mortar & pestle, melon scoop,
dipping fork and spatula knife, latex gloves, measuring spoons and cup



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Steps

****Step 1 can be done ahead of time. Wear cooking gloves. You can replace the blueberries with your fruit of choice.**

1.

In small sauce pan **add** rice milk, coconut oil, coconut sugar and sea salt. **Heat** to a simmer, put lid on. Do not boil. **Put** the chocolate in the microwave for 1 min. When fully melted, **add** the ingredients from the sauce pan. Pour mixture (will be glossy + shiny) into low and wide container with a lid. **Smooth** and even out. **Place** in the refrigerator until hardened.

2.

Wash your blueberries and let **dry**. **Use** mortar & pestle to make dried fruits into small flakes. **Add** the chocolate into a double boiler. After it melted, gently **dip** the blueberries into the chocolate. **Remove** with dipping fork/spatula and **place on** parchment paper to dry. If they are not drying quickly, place in the refrigerator to speed up the process. When everything has hardened, **remove** from refrigerator. With the melon scoop, **scoop up** the filling and roll in your hands to make a ball. **Flatten it out** and place chocolate covered blueberry in the center. Gently **roll** back into a ball. **Place** on parchment paper. **Repeat** until all the filling is used up

3.

Set up your different toppings in dishes. Take one chocolate piece at a time and gently **roll** in your hands for about 10 seconds. The warmth will make the topping to stick to the chocolate. **Roll** it in your topping of choice. **Arrange** on a platter. **Store** them in the refrigerator in an air tight container until serving. Since they contain fresh fruit, consume within 2 days.