

Dark Chocolate Treats



Recipe Courtesy Chef Bryan Woolley

- 1 cup toasted walnuts, chopped
- 9 ounces bittersweet chocolate, finely chopped
- 1 cup dried cherries (4 ounces), coarsely chopped
- ½ cup golden raisins
- ½ chopped dried apricots

1. Line a baking sheet with wax paper and set aside.
2. Slowly and gently melt three quarters of the chocolate either in the microwave or on the stove top.
3. Add the remaining chocolate and stir until finished melting.
4. Place dried fruits and walnuts into a large bowl and pour chocolate over fruit mixture. Gently fold chocolate and fruit mixture together.
5. Pour chocolate mixture onto the prepared baking sheet and spread into an 8"x12" rectangle. (approximately)
6. Chill chocolate mixture for 10-15 minutes or until cooled completely and hardened.
7. Cut chocolate into 48 pieces (6 rows by 8 rows).
8. Serve and Enjoy!

Nutrition Facts

Serving Size: 1 piece

Calories	60
Total Fat	4g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	0mg
Carbohydrate	7g
Dietary Fiber	1g
Protein	1g

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Diabetic Exchanges

Protein	0
Carbohydrate	.5
Fat	1