

# Ooey Gooney Chocolate Bites

(PKU-Friendly)



*Chocolate is not only delicious but also nutritious. Cocoa contains flavonoids that help to reduce inflammation and improve blood flow!*

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	15 MIN	35 MIN

	PHE	Simplified PKU Protein
Serving	58.8mg	1g
Recipe	470mg	5.4g

## INGREDIENTS

1/3 cup	Applesauce, unsweetened
2 Tbsp	Coconut Oil
3/4 cup	Chocolate Chips, semisweet
1/4 cup	Arrowroot flour
1/4 cup	Water
2 Tbsp	Granulated Sugar
1/4 cup	Cocoa powder, unsweetened
1 tsp	Vanilla Extract
1 tsp	Coffee, instant
1/4 tsp	Kosher Salt
As needed	Nonstick Cooking Spray

## CHEF'S NOTES

Serving Size = 2 bites

Using a double boiler for this recipe helps to easily blend the applesauce and coconut oil and to ensure that the chocolate does not burn when melting. If you prefer to use a microwave, keep the heating intervals to short bursts to prevent scorching the chocolate.

These bites can be served with powdered sugar, non-dairy whipped topping, and/or strawberries.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 325°F. Spray a 24-cup mini muffin pan generously with non-stick pan spray.
2. Bring a small pot of water to a simmer over low heat. Add the applesauce and coconut oil to a small/medium bowl and place the bowl on top of the pot of simmering water to create a double boiler.
3. Slowly add the chocolate chips to the applesauce mixture. Use a rubber spatula to make sure all ingredients are completely melted and incorporated before moving to the next step.
4. Dissolve the arrowroot in 1/4 cup of water. Add the arrowroot mixture and sugar to the chocolate mixture. Once it is thoroughly combined, remove from the heat and set aside.
5. Add the cocoa powder, vanilla extract, instant coffee, and salt to the chocolate mixture. Mix thoroughly.
6. Using a small muffin scoop, portion the batter evenly into the prepared muffin pan – you should make 16 bites. Bake for 12-15 minutes or until the edges of the bites start shrinking away from the pan. The middle should still be gooey.
7. Remove from the oven and let cool for 10 minutes before serving.

# Nutrition Facts

8 servings per container

**Serving Size** 2 bites (85 g)

**Amount per serving**

**Calories** 230

**% Daily Value \***

**Total Fat 14g** 18%

Saturated Fat 10g 50%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 70mg** 3%

**Total Carbohydrate 28g** 10%

Dietary Fiber 2g 6%

Total Sugars 21g

Includes 3g Added Sugars 6%

**Protein less than 1.2g** 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.48mg 3%

Potassium 82mg 0%

\*The % Daily Value (DV) 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.

Recipe adapted from Health meets Food, "Ooey Gooley Chocolate Bites" (1/8/19)



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