Ooey Gooey Chocolate Bites
(Low Protein)

The Goldring Center for Culinary Medicine
TULANE UNIVERSITY

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

	Simplified Diet Protein
Serving	1.2g
Recipe	9.5g

INGREDIENTS

1/3 cup	Applesauce, unsweetened
2 Tbsp	Coconut Oil
¾ cup	Chocolate Chips, semisweet
¼ cup	Arrowroot flour
¼ cup	Water
2 Tbsp	Granulated Sugar
¼ cup	Cocoa powder, unsweetened
1 tsp	Vanilla Extract
¼ 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. Refrigerate any leftovers for a future treat!

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. In a small bowl, dissolve the arrowroot in ¼ 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, and salt to the chocolate mixture. Mix thoroughly.
6. Using a small muffin scoop (2 Tbsp), 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.

Directions Continued and Nutrition Facts Found on the Reverse Side **07.17.26**

Nutrition Facts

8 servings per container

Serving size **2 Bites (48g)**

Amount Per Serving

Calories **170**

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 60mg	**3%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 2g	**7%**
Total Sugars 16g	
Includes 15g Added Sugars	**30%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 2.1mg	10%
Potassium 120mg	2%

* 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.

CONTAINS: MILK, SOY