

'What's Cooking !' Recipe Cards

CHOCOLATE FRUIT & NUT CLUSTERS



Food Fact:-

Good quality dark chocolate is a good source of iron and magnesium and some B vitamins, but should be eaten in moderation as has a high fat content.

Preparation time 10 mins

Cooking time 1 mins

Serves 6 large/12 small

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Ingredients

1. Break the chocolate into small pieces and place in a large bowl. Add in the milk and cook on FULL (100%) for 1 minute, stirring occasionally, until the chocolate has melted (do not overheat). Remove from the microwave and stir until smooth and thoroughly blended.
2. Add the fruit, apricots, almonds, nuts and oat cakes and stir until lightly coated with chocolate.
3. Spoon into small paper cases, or alternatively, place dessert spoonfuls onto non stick baking paper.
4. Leave for at least 30 mins, or until the mixture has set.
5. Optional: sprinkle with a little icing sugar or flaked almonds before serving

100g good quality chocolate
3 tbsp semi skimmed milk
2 tbsp (25g) dried fruit
(cranberries, raisins, sultanas etc.)
8 (25g) ready-to-eat-dried apricots, chopped
3 tbsp (40g) blanched almonds, roughly chopped
3 tbsp (40g) nuts roughly chopped
(pecans, walnuts, pine nuts etc.)
5 oat cakes, crumbled

optional: 1 tsp sifted icing sugar or 2 tsp flaked almonds,

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