

A CenFully Good Recipe from



Dark Chocolate Dipped Strawberries

Ingredients

1 pint of strawberries
4 ounces of unsweetened dark chocolate (100% cocoa)
2 tablespoons raw honey
1 teaspoon vanilla extract
1/2 tablespoon high quality coconut oil (or cocoa butter, which comes from the same plant)
Dash of sea salt

Preparation

1-Gently wash and dry strawberries. Set aside.

2-Chop chocolate up into small chunks. Place a few inches of water into the bottom of a double boiler and bring to a low simmer. (if you don't have one, then create your own by using a pot with a heat proof bowl that rests on top of it. The bowl should never touch the water).

3-Place the chopped chocolate and the rest of the ingredients in the top part of the double boiler (or heat proof bowl). Using a heat proof spatula or spoon, stir everything together just a bit, and then place over the simmering water. Continue to stir while everything melts, and take off when there are just a few pieces of chocolate left to melt. Make sure you don't burn the chocolate (keep under 190 degrees)!

4-Line a baking sheet with parchment paper. Take your washed and dried strawberries, and holding their stems, dip into the chocolate. Tips: If the chocolate rolls off the strawberries too quickly, let it cool and thicken a few minutes. If it starts to get too thick to dip, then place over simmering water to melt again.

5-Place the dipped strawberry onto the baking sheet and continue the process until all of the strawberries are dipped. Leave at room temperature in a cool house or place in the refrigerator to solidify for a few hours and enjoy! Eat within 24 hours or less.