



12 Healthyish Chocolate Recipes

FREE E-BOOK!

By Katie Sullivan Morford

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Chocolate-Dipped Tahini Cookies

1/4 cup almond butter
1/4 cup tahini
2 cups almond flour
2 tablespoons chia seeds
1/4 cup pure maple syrup
1/2 teaspoon kosher salt
2 teaspoons vanilla extract
3 ounces bittersweet chocolate

Preheat oven to 350 degrees F. Cover a large baking sheet with parchment paper.

Put all of the ingredients except the chocolate into a medium bowl and stir until smooth. Form the dough into 12 balls that are about 1-inch in diameter, rolling them between your palms. Space on the baking sheet and use the tines of a fork to press down firmly (alternatively press down with the palm of your hand).

Bake until the cookies darken slightly and are cooked through, 9 minutes.

Chop the chocolate into small pieces and put into a very small, microwave-safe bowl, such as a 4-ounce ramekin. Cook on high in the microwave for 30 seconds, stir, and continue to cook in 30-second bursts, stirring after each one, until melted. Dunk one half of each cookie into the chocolate and let cool on the baking sheet. Store in a covered container.

Makes 12 cookies



Chocolate Hemp Amaze Bars

1 cup rolled oats
½ cup chopped raw hazelnuts or almonds (not roasted)
½ cup raw hemp hearts
⅓ cup raw pepitas (shelled pumpkin seeds)
6 medjool dates, pitted
⅓ cup cashew butter, peanut butter, or almond butter
¼ cup honey
¼ cup water
¼ cup cacao nibs
¼ cup cocoa powder
½ teaspoon kosher salt
1 heaping tablespoon hemp seeds and ¼ cup dark chocolate chips for topping the bars

Preheat oven to 350 degrees F. Line an 8-inch-square baking pan with a piece of parchment paper long enough so it drapes over 2 sides.

Spread the oats, hazelnuts, hemp hearts, and pepitas on a large baking sheet and cook until the oats are fragrant and the nuts and seeds lightly toasted, 8 minutes.

Meanwhile, put the dates, cashew butter, honey, and water into the bowl of a food processor fitted with a metal blade. Run until blended, stopping and scraping down the sides as needed.

Transfer the toasted oats and seeds to a large bowl. Add the cocoa nibs, cocoa powder, and salt and stir well. Add the date mixture and stir until evenly mixed. Transfer to the prepared pan and use your hands to press the dough very firmly into the bottom, creating an even layer that fills the entire pan.

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Chocolate Hemp Amaze Bars

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Scatter 1 tablespoon of hemp hearts over the bars. Put the chocolate chips into a small bowl and microwave on high in 30-second bursts, stirring after each one, until smooth, about 1 ½ minutes. Drizzle the chocolate over the top of the bars. Freeze for 30 minutes.

Remove the pan from the freezer, run a knife around the edge and use the two draping sides of parchment to lift it from the pan. Cut into 12 bars or 16 bars, as desired. Store in a resealable bag or air-tight container and store in the fridge, where they will keep for several weeks.

Makes 12 to 16 bars



Chocolate-Covered Strawberries

8 ounces chocolate

1½ baskets fresh strawberries, washed and thoroughly dried

Cover two baking sheets with parchment paper.

Chop the chocolate into small pieces that are relatively uniform in size and put in the top of a double boiler.

Fill the bottom of the double boiler one-third full of water. Bring to a gentle boil.

Set the top of the double boiler over the boiling water and heat until the chocolate melts completely, stirring from time-to-time.

Remove the double boiler from the heat. Hold each strawberry by its stem, dip it into the chocolate, and set it on the baking sheet to cool. You may need to reheat the chocolate if it starts to firm up.

Allow the chocolate strawberries to cool completely.



Chocolate Chip "Makeover" Cookies

2/3 cup unsalted almonds (raw or roasted)
2/3 cup rolled oats
1 1/3 cups whole wheat pastry flour
3/4 teaspoon baking soda
3/4 teaspoon baking powder
1/2 teaspoon kosher salt
1 stick butter (4 ounces), softened to room temperature
1/2 cup firmly packed brown sugar
1/2 cup granulated sugar
1 teaspoon vanilla extract
2 large eggs
1 1/2 cups dark chocolate chips, pecans, and dried cranberries
in any combination

Preheat oven to 350 degrees F. Lightly grease baking sheets.

Put the almonds and oats in a food processor and blend until ground to the texture of fine bread crumbs. Add the whole wheat pastry flour, baking soda, baking powder, and salt to the food processor. Pulse a few times to blend.

In a large bowl, beat the butter, brown sugar, and sugar with an electric mixer until creamy. Add the eggs and vanilla and beat until smooth. Add the dry mixture to the butter mixture and beat just until combined. Stir in the chocolate chips/nuts/cranberries.

Roll tablespoon-size balls of dough between your palms and arrange on baking sheets. Bake until the bottoms are lightly brown and you just start to see a hint of pale brown around the edges, about 11 minutes. Remove from oven, cool, and store.

Makes 3 1/2 dozen cookies



Healthy Chocolate Peanut Butter Smoothie

- 1 cup milk (cow's milk or plant milk)
- 2 tablespoons peanut powder
- 1 tablespoon unsweetened cocoa powder
- 2 teaspoons honey
- 1 small frozen banana, sliced
- 1 teaspoon vanilla extract
- 1/2 cup loosely packed baby spinach
- 3 ice cubes

Put all of the ingredients into a blender and run until frothy and smooth with no obvious flecks of spinach.

Serve immediately.

Makes 2 small or 1 large smoothie



Double Chocolate Zucchini Muffins

1½ cups coarsely grated zucchini
2 eggs
1/3 cup nonfat or low-fat plain yogurt
1/3 cup canola oil
1 cup sugar
1 teaspoon vanilla extract
¾ cups whole-wheat pastry flour
¾ cups all-purpose flour
1/3 cup unsweetened cocoa powder
1/2 teaspoon ground cinnamon
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup bittersweet chocolate chips
Confectioners' sugar for dusting

Preheat oven to 325 degrees F. Line 1 dozen regular-size muffin tins or 36 mini muffin tins with paper liners or generously grease with oil or butter.

Put the grated zucchini in a colander set over the sink and use your hands to squeeze out some of the liquid. Leave in the sink until ready to use.

In a large bowl, beat the eggs with an electric mixer on high until foamy and light yellow, a minute or so. Add the yogurt, canola oil, sugar, and vanilla and beat again on medium until one even color, another minute. Set aside.

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Double Chocolate Zucchini Muffins

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In a medium bowl, combine the whole-wheat pastry flour, all-purpose flour, cocoa powder, cinnamon, baking soda, and salt. Stir well with a fork to blend.

Add the dry ingredients to the wet and beat on medium just until evenly mixed, scraping down the sides as needed.

Add the zucchini and chocolate chips to the batter. Mix until just combined.

For full-size cupcakes, fill each tin with a scant $\frac{1}{4}$ cup batter. For mini cupcakes, figure about 1 $\frac{1}{2}$ tablespoons of batter (this can vary depending on the size of your muffin tins).

Bake until a toothpick inserted into the center comes out clean, 25 to 28 minutes for full-size cupcakes, closer to 20 minutes for minis.

Remove from oven and leave on the counter until completely cool. Finish with a light dusting of confectioners' sugar, if desired. You can also frost these and serve them as cupcakes.

Makes 1 dozen standard muffins or 36 mini muffins



Dark Chocolate Super Food Bark

6 ounces bittersweet chocolate, finely chopped
1/3 cup cashew butter (or other favorite nut or seed butter)
1/3 cup roasted cashews or other favorite nut, roughly chopped
1/3 cup raisins, dried cherries, or dried cranberries
3 tablespoons roasted, salted pepitas (shelled pumpkin seeds)
1 heaping tablespoon hemp seeds
Flaky salt, such as Maldon (optional)

Place the chocolate in the top of a double boiler over medium-low heat and stir continuously until melted. Once chocolate is smooth, add cashew butter, and stir again until creamy. Remove from heat and stir in the nuts and raisins.

Line a baking sheet with parchment paper and spread the chocolate mixture out to approximately 8 ½ x 11 inches. While chocolate is still warm sprinkle the pepitas and hemp seeds over the top. Add a pinch or two of flaky salt over the top, if desired. Put the bark in the fridge until firm, about an hour. Break into about 40 pieces.

Store in a covered container or resealable bag in the refrigerator, where it will keep for several weeks. The chocolate will lose its glossy color, but will remain tasty.

Makes about 40 pieces



Best Vegan Chocolate Pudding

½ cup raw cashews

2 cups plant milk or cow's milk (I used coconut/almond milk)

3 medjool dates, pits removed

3 tablespoons cocoa powder

2 tablespoons cornstarch (Anson Mills makes a non-GMO brand)

1 teaspoon vanilla extract

⅛ teaspoon kosher salt

¼ cup dark chocolate chips, see notes

Maple syrup, honey, or stevia for sweetening

Put the cashews and pitted dates into a medium bowl and add the milk. Refrigerate 8 hours or overnight.

Pour the cashews, dates, and milk into a blender. Add the cocoa powder, cornstarch, vanilla extract, and salt. Blend until creamy smooth with the cashews and dates completely pureed.

Transfer to a small saucepan and set over medium-high heat. Cook until the liquid thickens, stirring consistently with a whisk and scraping down the sides regularly. The pudding is ready when it leaves a trail when you run the whisk through the center (it will continue to thicken as it cools). Remove from heat and immediately add the chocolate chips. Whisk until melted into the pudding.

Taste the pudding and use either maple syrup, honey, or liquid stevia to bring the level of sweetness to your liking. The amount will depend on the type of milk used. Take it slow, figuring a few

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Best Vegan Chocolate Pudding

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spoonfuls of maple syrup/honey/agave or anywhere from 1 to 5 tiny drops of stevia.

Transfer to 4 small jars or dishes. Cover and refrigerate until ready to serve.

Makes 4 servings



4-Ingredient Peanut Butter Chocolate Chip Cookies

1 cup unsweetened, salted creamy peanut butter
1 cup firmly packed brown sugar or coconut sugar
1 egg
½ cup dark chocolate chips

Preheat oven to 350 degrees F. Line two baking sheet with parchment paper.

Put the peanut butter, brown sugar, and egg into a medium bowl. Use a rubber spatula to mash and stir the ingredients into a smooth batter. Add the chocolate, and stir again until evenly distributed.

Pinch up a tablespoon of dough and roll in the palms of your hands into a smooth ball. Cover each baking sheet with 12 balls. Press a fork firmly into the dough, first in one direction, and then the opposite direction. If the dough crumbles a bit, just patch it back together.

Bake until the cookies brown slightly and you start to see a hint of a darker rim around the cookie, 10 to 12 minutes.

Remove from oven and cool. Store in an air-tight container.

Makes 1 dozen cookies



Ginger, Date, Walnut Chocolate Truffles

6 medjool dates, pits removed

3/4 cup walnuts

1/4 cup roughly chopped crystalized ginger

3 tablespoons unsweetened cocoa powder

2 tablespoons water

1/2 teaspoon kosher salt

3 ounces bittersweet chocolate, roughly chopped

Flaky salt to garnish (such as Maldon)

Put the pitted dates, walnuts, ginger, cocoa powder, water, and 1/2 teaspoon salt into the bowl of a food processor fitted with a metal blade. Run the processor to puree the ingredients into a thick paste, about 20 seconds.

Roll 1 tablespoon of the mixture into a smooth ball. Continue with remainder of the mixture. You should have 12 balls.

Put the bittersweet chocolate into a small bowl and cook in the microwave on high for 30 seconds. Stir, and continue to cook in 30 second bursts until melted. Stir well.

Drop one of the truffle balls into the chocolate and turn it with a small spoon to coat all sides. Lift it out of the bowl, allowing excess chocolate to drip back into the bowl. Transfer to the baking sheet. Continue with the remaining truffle balls until all are coated in chocolate.

Add a tiny pinch of flaky salt to the top of each truffle. Leave to cool until firm.

Enjoy or transfer to a covered container and store in the fridge.

Makes 12 truffles



Dark Chocolate Dipped Oranges

1 large seedless orange

1/4 cup chopped dark chocolate or dark chocolate chips

Cover a baking sheet with parchment or waxed paper.

Peel the orange and pull apart the sections. Remove as much of the pith as you can.

Put the chocolate in a microwave-safe ramekin or small bowl and microwave on high in 30 second bursts, stirring after each one, until smooth and runny, 1 to 1 1/2 minutes in total.

Dip each orange section into the chocolate to coat it halfway up the side. A spoon may help here. Eat on the spot, like fondue, or lay on the parchment paper to cool. You can expedite the cooling process by putting the sheet pan in the fridge.

Makes about 10 pieces



Sticky Pretzel Cereal Bars

1 cup rolled oats

1 $\frac{3}{4}$ cup "O" cereal (such as Cheerios)

1 cup pretzel sticks

$\frac{1}{3}$ cup peanuts or other chopped nuts

$\frac{1}{3}$ cup dried cranberries

$\frac{1}{2}$ cup dark chocolate chips

$\frac{1}{2}$ cup brown rice syrup

$\frac{1}{4}$ cup peanut butter or other nut or seed butter

Preheat oven to 350 degrees F.

Spread oats in the bottom of an 8-inch-square baking pan and toast in the oven until fragrant and lightly browned, about 15 minutes.

While the oats brown, put the cereal, pretzel sticks, peanuts, and raisins into a large bowl.

Heat the brown rice syrup and peanut butter in a small bowl in the microwave on high for 1 minute. Stir well and pour over the cereal mix. Stir to blend completely. Add the chocolate chips and stir again.

Line the 8-inch-square baking pan with enough parchment that it drapes over two sides. Transfer the cereal mixture to the pan and use your hands to press down on the mixture further until it is one solid, uniform block. Put a piece of parchment between your hands and the bars to keep them from sticking as you press.

Leave it to cool for 30 minutes. Lift the bars from the pan and cut into 25 small bars. Store in an air-tight container.

Makes 25 bars

Katie Sullivan Morford is a registered dietitian, cookbook author, and blogger at Mom's Kitchen Handbook.

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