



Dark Chocolate, Blueberry & Walnut Cups

8 servings
40 minutes

Ingredients

- 1 tbsp Coconut Oil
- 8 ozs Dark Chocolate (coarsely chopped)
- 1 tbsp Chia Seeds
- 1/2 cup Blueberries
- 2 tbsps Walnuts (finely chopped)

Directions

- 1 Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a saucepan over low heat, melt the coconut oil and chocolate, continuously stirring. Remove from the heat and stir in the chia seeds.
- 3 Divide the chocolate mixture between the muffin cups. Top each with equal amounts of blueberries and walnuts, gently pressing them into the chocolate.
- 4 Chill in the fridge for at least 30 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to one chocolate cup.

Additional Toppings: Top with cinnamon, flaky salt, and/or your favorite nuts.