



Choco-Goji Treats

Servings:
approx 18

Choco-Goji Treats, a simple, guilt-free sweet for women craving real health.

Ingredients

- 1¾ cups Lilly's no sugar added chocolate chips (or regular chocolate chips)
- 1 tsp extra-virgin coconut oil or butter
- ½ cup sun-dried goji berries
- ½ cup crispy sunflower seeds
- 1 dash sea salt
- *Opt:* Flaky sea salt, sprinkle of cayenne pepper, sprinkle of unsweetened coconut flakes

Prep

Making crispy sunflower seeds

- **To Soak:** Soak seeds in water with a tsp of sea salt for 7-24 hours.
- **To Dry:** After soaking, rinse well and then place seeds on a parchment-lined cookie sheet and bake them in the oven, on your lowest setting, until dried.

Directions

1. Line a large baking sheet with parchment paper; set aside.
2. Bring a medium pot of water to a gentle boil over medium heat.
3. Place a medium, heatproof bowl over top, so that the steam, not the water, heats the bowl.
4. Add chocolate and oil or butter to bowl; stir until fully melted.
5. Remove bowl from heat; add goji berries, sunflower seeds, and dash of sea salt
6. Stir to combine. Can allow to cool enough to scoop
7. Dollop 1½ Tbsp.-sized mounds of chocolate mixture onto prepared sheet.
8. *Opt:* Sprinkle flaky salt over top. I like to make a variety with some topped with salt, others topped with cayenne pepper, and others still with unsweetened coconut flakes
9. Refrigerate for 1 hour, or until solid.

Tips (The Wise & Wild Way)

Whip up a fast, sweet, healthy treat for your next gathering—guaranteed to wow the crowd!

