

Chocolate Crunchies



Patrick Holford's chocolate crunchies

I love this and so does everyone I have tested it on. It's a really useful recipe: make a batch, cut or roughly break it up and keep it in the freezer. It can be served from frozen, which makes it wonderfully chewy and a little like a chocolate ice cream bar and is a brilliant standby for when you have unexpected guests. It may taste decadent, but the ingredients are all very nutritious, the dark chocolate included. This recipe comes from Patrick Holford's The 10 Secrets of 100% Health Cookbook.

Serves 10

200g dark chocolate, 70% cocoa solids, broken in to chunks (Lidl 70% is fine)

125g rough unsweetened oatcakes

50g goji berries

50g Brazil nuts, roughly chopped -you could use almonds or do half and half

50g pumpkin seeds

1-2 heaped tsp ground cinnamon, depending on how strong you like it

50g almond nut butter or unsalted no-added-sugar peanut butter

1. Melt the chocolate, stirring occasionally, in a heatproof bowl over a pan of gently simmering water, making sure the base of the bowl doesn't touch the water.
2. Put the oatcakes into a mixing bowl and crumble into small pieces. Stir in the goji berries, nuts, seeds and spices.
3. Stir the nut butter into the melted chocolate and mix until fairly smooth. Stir the chocolate mixture into the remaining ingredients, making sure the ingredients