



## Eating for Happiness Program

Created by Fit Nutrition Canada



# Eating for Happiness Program

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Winter Berry Smoothie	Winter Berry Smoothie	Winter Berry Smoothie	Sweet Cherry Steel Cut Oats	Sweet Cherry Steel Cut Oats	Avocado Toast with a Poached Egg
Lunch	Avocado Egg Salad Sandwich	Spicy Shrimp Fried Rice	Slow Cooker Cabbage Roll Soup	Slow Cooker Pesto Chicken	Roasted Red Pepper & Tomato Lentil Soup	Pistachio Crusted Salmon
Snack 1	Clean Trail Mix	Clean Trail Mix	Hummus Dippers	Hummus Dippers	Spiced Walnuts	Spiced Walnuts
Dinner	Spicy Shrimp Fried Rice	Slow Cooker Cabbage Roll Soup	Slow Cooker Pesto Chicken	Roasted Red Pepper & Tomato Lentil Soup	Pistachio Crusted Salmon	Slow Cooker Cabbage Roll Soup
Snack 2	Broiled Pineapple with Cinnamon	Broiled Pineapple with Cinnamon	Dark Chocolate & Pistachios	Dark Chocolate & Pistachios	Chocolate Dipped Strawberries	Chocolate Dipped Strawberries



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6 days

Mon	Tue	Wed	Thu	Fri	Sat
<b>Calories</b> 1351	<b>Calories</b> 1252	<b>Calories</b> 1247	<b>Calories</b> 1419	<b>Calories</b> 1794	<b>Calories</b> 1769
<b>Fat</b> 60g	<b>Fat</b> 53g	<b>Fat</b> 76g	<b>Fat</b> 79g	<b>Fat</b> 115g	<b>Fat</b> 128g
<b>Carbs</b> 151g	<b>Carbs</b> 142g	<b>Carbs</b> 89g	<b>Carbs</b> 124g	<b>Carbs</b> 139g	<b>Carbs</b> 99g
Fiber 23g	Fiber 24g	Fiber 28g	Fiber 28g	Fiber 31g	Fiber 31g
Sugar 43g	Sugar 48g	Sugar 41g	Sugar 29g	Sugar 45g	Sugar 44g
<b>Protein</b> 67g	<b>Protein</b> 73g	<b>Protein</b> 70g	<b>Protein</b> 69g	<b>Protein</b> 73g	<b>Protein</b> 78g
Cholesterol 555mg	Cholesterol 332mg	Cholesterol 140mg	Cholesterol 84mg	Cholesterol 78mg	Cholesterol 320mg
Vitamin A 6865IU	Vitamin A 8282IU	Vitamin A 10955IU	Vitamin A 8895IU	Vitamin A 6647IU	Vitamin A 5763IU
Vitamin C 175mg	Vitamin C 258mg	Vitamin C 272mg	Vitamin C 205mg	Vitamin C 307mg	Vitamin C 304mg
Calcium 752mg	Calcium 809mg	Calcium 719mg	Calcium 267mg	Calcium 315mg	Calcium 396mg
Iron 13mg	Iron 16mg	Iron 14mg	Iron 14mg	Iron 17mg	Iron 16mg
Vitamin D 159IU	Vitamin D 108IU	Vitamin D 88IU	Vitamin D 1IU	Vitamin D 0IU	Vitamin D 52IU
Folate 382µg	Folate 438µg	Folate 377µg	Folate 235µg	Folate 366µg	Folate 525µg



# Eating for Happiness Program

63 items

## Fruits

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- 1 1/2 Avocado
- 2 1/8 Lemon
- 3 Navel Orange
- 4 cups Pineapple
- 4 cups Strawberries

## Breakfast

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- 1 cup Steel Cut Oats

## Seeds, Nuts & Spices

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- 1 1/2 tsps Black Pepper
- 1/4 cup Cashews
- 1/3 tsp Cayenne Pepper
- 1 1/2 tsps Chili Powder
- 2 tsps Cinnamon
- 2 cups Clean Trail Mix
- 1 tsp Cumin
- 3 tsps Ground Flax Seed
- 2/3 cup Hemp Seeds
- 1 tbsp Italian Seasoning
- 1 tsp Oregano
- 1 tsp Paprika
- 1/4 cup Pine Nuts
- 1 1/2 cups Pistachios
- 2 1/2 tsps Red Pepper Flakes
- 1 tbsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 cups Walnuts

## Frozen

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- 4 1/2 cups Frozen Berries
- 2 cups Frozen Cherries
- 1 cup Frozen Peas

## Vegetables

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- 12 1/2 cups Baby Spinach
- 1 cup Basil Leaves
- 1 Carrot
- 2 heads Cauliflower
- 4 stalks Celery
- 11 Garlic
- 4 cups Green Cabbage
- 5 stalks Green Onion
- 2 1/3 cups Parsley
- 3 Red Bell Pepper
- 1 Sweet Onion
- 2 Tomato
- 1/2 White Onion
- 1 Yellow Bell Pepper
- 1 1/2 Yellow Onion

## Boxed & Canned

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- 3 cups Crushed Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Organic Chicken Broth
- 3 cups Organic Vegetable Broth
- 1 cup Quinoa

## Baking

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- 7 1/16 ozs Dark Organic Chocolate
- 2 tsps Raw Honey
- 2 tsps Unsweetened Coconut Flakes

## Bread, Fish, Meat & Cheese

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- 1 lb Chicken Breast
- 1 lb Extra Lean Ground Turkey
- 1 cup Hummus
- 6 slices Organic Bread
- 1 1/4 lbs Salmon Fillet
- 1 lb Shrimp

## Condiments & Oils

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- 2 tsps Apple Cider Vinegar
- 1 1/2 tsps Dijon Mustard
- 1 cup Extra Virgin Olive Oil
- 3 tsps Tamari

## Cold

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- 7 Egg
- 4 1/2 cups Unsweetened Almond Milk

## Other

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- 8 1/2 cups Water

# Winter Berry Smoothie

6 ingredients · 10 minutes · 2 servings



## Directions

1. Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)

## Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 Navel Orange (peeled and sectioned)
- 1 1/2 cups Frozen Berries
- 2 cups Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	168	Vitamin A	3361IU
<b>Fat</b>	6g	Vitamin C	80mg
<b>Carbs</b>	27g	Calcium	426mg
Fiber	8g	Iron	3mg
Sugar	17g	Vitamin D	76IU
<b>Protein</b>	6g	Folate	88µg
Cholesterol	0mg		



# Sweet Cherry Steel Cut Oats

4 ingredients · 20 minutes · 4 servings



## Directions

1. In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
2. Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
3. Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

## Notes

### No Cherries

Any fruit will work.

## Ingredients

- 1 cup Steel Cut Oats
- 3 cups Water
- 2 cups Frozen Cherries
- 1/2 cup Hemp Seeds

## Nutrition

Amount per serving

<b>Calories</b>	316	Vitamin A	676IU
<b>Fat</b>	14g	Vitamin C	1mg
<b>Carbs</b>	41g	Calcium	56mg
Fiber	6g	Iron	3mg
Sugar	8g	Vitamin D	0IU
<b>Protein</b>	11g	Folate	26µg
Cholesterol	0mg		

# Avocado Toast with a Poached Egg

6 ingredients · 15 minutes · 2 servings



## Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

## Ingredients

- 2 slices Organic Bread
- 1 Avocado
- Sea Salt & Black Pepper (to taste)
- 2 Egg
- 2 tbsps Apple Cider Vinegar
- 1/4 tsp Sea Salt

## Nutrition

Amount per serving

Calories	315	Vitamin A	417IU
Fat	22g	Vitamin C	10mg
Carbs	22g	Calcium	55mg
Fiber	8g	Iron	2mg
Sugar	4g	Vitamin D	41IU
Protein	10g	Folate	105µg
Cholesterol	186mg		



# Avocado Egg Salad Sandwich

7 ingredients · 15 minutes · 2 servings



## Directions

1. Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
2. In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
3. Spread onto toast and enjoy!

## Notes

### Less Bread

Make it an open-face sandwich.

### Add a Kick

Add red chili flakes or hot sauce.

### Vegan

Use mashed chickpeas or white kidney beans instead of eggs.

## Ingredients

- 3 Egg
- 1/2 Avocado
- 1/2 cup Baby Spinach (chopped)
- 1 1/2 tsps Dijon Mustard
- 1/8 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 4 slices Organic Bread (toasted)

## Nutrition

Amount per serving

<b>Calories</b>	348	Vitamin A	1182IU
<b>Fat</b>	19g	Vitamin C	8mg
<b>Carbs</b>	30g	Calcium	86mg
Fiber	6g	Iron	2mg
Sugar	6g	Vitamin D	62IU
<b>Protein</b>	14g	Folate	91µg
Cholesterol	279mg		



# Clean Trail Mix

1 ingredient · 2 minutes · 4 servings



## Directions

1. This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
2. Pour into bowl and snack away!

## Ingredients

2 cups Clean Trail Mix

### Nutrition

Amount per serving

<b>Calories</b>	347	Vitamin A	14IU
<b>Fat</b>	22g	Vitamin C	1mg
<b>Carbs</b>	34g	Calcium	59mg
Fiber	0g	Iron	2mg
Sugar	0g	Vitamin D	0IU
<b>Protein</b>	10g	Folate	53µg
Cholesterol	0mg		



# Hummus Dippers

4 ingredients · 15 minutes · 4 servings



## Directions

1. Slice your pepper, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with  $\frac{1}{4}$  cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

## Notes

### Homemade

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

### Mix it Up

Substitute in different veggies like cucumber or zucchini.

## Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

## Nutrition

Amount per serving

<b>Calories</b>	170	Vitamin A	2834IU
<b>Fat</b>	11g	Vitamin C	87mg
<b>Carbs</b>	15g	Calcium	55mg
Fiber	5g	Iron	2mg
Sugar	2g	Vitamin D	0IU
<b>Protein</b>	6g	Folate	59µg
Cholesterol	0mg		



# Spiced Walnuts

6 ingredients · 10 minutes · 4 servings



## Directions

1. Lay a large piece of wax paper across the counter.
2. Heat a large skillet over medium heat. Add honey, oil and 1 tbsp water. Add the walnuts and stir with a wooden spoon until evenly coated.
3. Add the sea salt, cumin and cayenne. Continue to stir until walnuts are slightly browned (about 2 to 3 minutes).
4. Remove from heat and transfer the walnuts onto the piece of wax paper. Once cool, break apart into pieces. Store in an airtight container in the fridge. Enjoy!

## Notes

### Extra Spicy

Add extra cayenne pepper.

## Ingredients

- 2 tbsps Raw Honey
- 2 tbsps Extra Virgin Olive Oil
- 2 cups Walnuts
- 1/2 tsp Sea Salt
- 1 tsp Cumin
- 1/8 tsp Cayenne Pepper

## Nutrition

Amount per serving

Calories	484	Vitamin A	30IU
Fat	46g	Vitamin C	1mg
Carbs	17g	Calcium	64mg
Fiber	4g	Iron	2mg
Sugar	10g	Vitamin D	0IU
Protein	9g	Folate	59µg
Cholesterol	0mg		

# Spicy Shrimp Fried Rice

15 ingredients · 30 minutes · 4 servings



## Directions

1. Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
2. In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
3. Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
4. Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
5. Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

## Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 lb Shrimp (cooked, peeled and patted dry)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Paprika
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsps Chili Powder
- 2 Egg
- 1/2 Yellow Onion (diced)
- 1 cup Frozen Peas
- 2 Garlic (cloves, minced)
- 5 stalks Green Onion (chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tsps Red Pepper Flakes
- 2 tbsps Tamari

## Nutrition

Amount per serving

Calories	402	Vitamin A	2208IU
Fat	13g	Vitamin C	7mg
Carbs	37g	Calcium	147mg
Fiber	6g	Iron	5mg
Sugar	4g	Vitamin D	21IU
Protein	36g	Folate	120µg

Bridget Fauteux

<http://www.fitnutritioncanada.com>



Cholesterol 276mg



# Slow Cooker Cabbage Roll Soup

14 ingredients · 4 hours · 6 servings



## Directions

1. Use a food processor to pulse your cauliflower into rice.
2. Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
3. Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

## Notes

### Storage

Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

### No Ground Turkey

Use any type of ground meat.

### Vegan & Vegetarians

Replace the meat with 1 can of lentils, chickpeas or kidney beans.

## Ingredients

- 1 head Cauliflower (processed into rice)
- 4 cups Green Cabbage (roughly chopped)
- 1 Yellow Onion (diced)
- 4 Garlic (cloves, minced)
- 3 cups Crushed Tomatoes
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes (optional)
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 cup Water
- 1 lb Extra Lean Ground Turkey (or chicken)
- 4 cups Baby Spinach (optional)
- 1/3 cup Parsley (chopped, optional)

## Nutrition

Amount per serving

<b>Calories</b>	249	Vitamin A	2599IU
<b>Fat</b>	12g	Vitamin C	91mg
<b>Carbs</b>	21g	Calcium	143mg
Fiber	7g	Iron	5mg
Sugar	11g	Vitamin D	11IU
<b>Protein</b>	20g	Folate	147µg
Cholesterol	56mg		

Bridget Fauteux

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# Slow Cooker Pesto Chicken

11 ingredients · 4 hours · 4 servings



## Directions

1. Place diced onion in the slow cooker and place chicken breasts on top. Pour the broth in then season generously with sea salt and black pepper. Cook on high for 4 hours or on low for 6 to 8.
2. Prepare your pesto. Combine basil, spinach, walnuts, olive oil, garlic, lemon juice and tamari in a food processor. Pulse well until smooth. Transfer to a jar and store in the fridge until chicken is ready.
3. Remove chicken from slow cooker and shred with two forks. Mix in the pesto and toss well. Add in a few spoonfuls of the broth from the slow cooker for extra flavour and moisture.
4. Serve over brown rice noodles, a bed of greens, with spaghetti squash, brown rice, quinoa, on a brown rice tortilla or in a lettuce wrap.

## Notes

### Storage

Refrigerate in an air-tight container up to 3 - 4 days, or freeze up to 3 months.

### No Walnuts

Use any seed or nut for the pesto. Pumpkin seeds, sunflower seeds, almonds and pine nuts all work great!

### Add-Ons

Top your shredded pesto chicken with pine nuts or sundried tomatoes.

## Ingredients

- 1/2 White Onion (chopped)
- 1 lb Chicken Breast
- 1 cup Organic Chicken Broth
- Sea Salt & Black Pepper (to taste)
- 1 cup Basil Leaves (packed)
- 2 cups Baby Spinach
- 1/2 cup Walnuts
- 3 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove)
- 1 Lemon (juiced)
- 1 tbsp Tamari

## Nutrition

Amount per serving

<b>Calories</b>	345	Vitamin A	2002IU
<b>Fat</b>	23g	Vitamin C	12mg
<b>Carbs</b>	6g	Calcium	63mg
Fiber	2g	Iron	2mg
Sugar	2g	Vitamin D	1IU
<b>Protein</b>	30g	Folate	67µg
Cholesterol	84mg		

# Roasted Red Pepper & Tomato Lentil Soup

12 ingredients · 45 minutes · 5 servings



## Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
2. Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
3. Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
4. Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
5. Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

## Notes

### Add Some Greens

Top with chopped baby spinach.

## Ingredients

- 2 Tomato (cut in half)
- 3 Red Bell Pepper (halved and seeds removed)
- 1 Sweet Onion (coarsley chopped)
- 3 Garlic (cloves)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **cup** Dry Red Lentils (uncooked)
- 3 **cups** Water
- 3 **cups** Organic Vegetable Broth
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1 **tsp** Oregano
- 1/4 **cup** Cashews (raw, unsalted)

## Nutrition

Amount per serving

<b>Calories</b>	273	Vitamin A	3224IU
<b>Fat</b>	7g	Vitamin C	103mg
<b>Carbs</b>	42g	Calcium	61mg
Fiber	9g	Iron	5mg
Sugar	8g	Vitamin D	0IU
<b>Protein</b>	14g	Folate	67µg
Cholesterol	0mg		



# Pistachio Crusted Salmon

9 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
2. Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
3. Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
4. Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
5. Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
6. Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

## Notes

### More Veg

Serve with a side of baby spinach drizzled with leftover pesto

### Likes it Warm

Saute the cauliflower rice in a bit of olive oil before serving

## Ingredients

- 1/2 cup Pistachios (removed from shell)
- 1/4 tsp Sea Salt
- 1 1/4 lbs Salmon Fillet
- 1/4 cup Pine Nuts
- 1 Garlic (clove, minced)
- 2 cups Parsley (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 head Cauliflower (chopped into florets)

## Nutrition

Amount per serving

Calories	515	Vitamin A	2700IU
Fat	36g	Vitamin C	117mg
Carbs	16g	Calcium	111mg
Fiber	6g	Iron	5mg
Sugar	5g	Vitamin D	0IU
Protein	36g	Folate	179µg
Cholesterol	78mg		

# Broiled Pineapple with Cinnamon

2 ingredients · 10 minutes · 2 servings



## Directions

1. Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
2. Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
3. Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
4. Remove from oven and enjoy!

## Notes

### Serve it With

Our one-ingredient banana ice cream, organic coconut ice cream, Paleo Granola or over oatmeal.

## Ingredients

- 2 cups Pineapple (cored and sliced into rounds)
- 1 tsp Cinnamon

## Nutrition

Amount per serving

Calories	86	Vitamin A	100IU
Fat	0g	Vitamin C	79mg
Carbs	23g	Calcium	34mg
Fiber	3g	Iron	1mg
Sugar	16g	Vitamin D	0IU
Protein	1g	Folate	30µg
Cholesterol	0mg		



# Dark Chocolate & Pistachios

2 ingredients · 5 minutes · 4 servings



## Directions

1. Divide into bowls and enjoy!

## Ingredients

**3 1/2 ozs** Dark Organic Chocolate (at least 70% cacao)

**1 cup** Pistachios (shelled)

## Nutrition

Amount per serving

<b>Calories</b>	315	Vitamin A	159IU
<b>Fat</b>	24g	Vitamin C	2mg
<b>Carbs</b>	20g	Calcium	32mg
Fiber	6g	Iron	2mg
Sugar	9g	Vitamin D	0IU
<b>Protein</b>	8g	Folate	16µg
Cholesterol	0mg		



# Chocolate Dipped Strawberries

3 ingredients · 30 minutes · 4 servings



## Directions

1. Wash strawberries and dry very well. Spread a large piece of parchment paper across a large baking sheet.
2. Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
3. Tilt the pot with the melted chocolate to one side so that all the chocolate pools. Hold the strawberries by the stem and dip them into the melted chocolate one-by-one. Place on parchment paper. Sprinkle with shredded coconut immediately.
4. Transfer the chocolate dipped strawberries to the fridge for 20 minutes or until chocolate is completely set. Remove from parchment paper and store in an airtight container in the fridge until ready to eat. Enjoy!

## Notes

### No Shredded Coconut

Use coarse sea salt instead.

### Add a Kick

Sprinkle chocolate with a pinch of cayenne pepper before it hardens.

## Ingredients

**3 1/2 ozs** Dark Organic Chocolate (at least 70% cacao)

**4 cups** Strawberries (whole)

**2 tbsps** Unsweetened Coconut Flakes

## Nutrition

Amount per serving

<b>Calories</b>	206	Vitamin A	17IU
<b>Fat</b>	12g	Vitamin C	85mg
<b>Carbs</b>	23g	Calcium	23mg
Fiber	6g	Iron	2mg
Sugar	14g	Vitamin D	0IU
<b>Protein</b>	3g	Folate	35µg
Cholesterol	0mg		