

Market District Demo Recipes

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Dark Chocolate Covered Blueberries

Serves: 12

Modified from: www.dinner-mom.com

Items Needed: colander, 1 small bowl, 1 small microwave safe bowl, stirring spoon, regular spoon, measuring cups, baking sheet, parchment/wax paper

Ingredients:

- 1 cup blueberries
- 3.5 ounces 70% dark chocolate (about 1 bar, or 8 squares)

Directions:

1. Line a baking tray with parchment/wax paper. Wash blueberries, dry them thoroughly, set aside in a bowl.
2. Place chocolate squares in a microwave safe bowl and melt in the microwave. Start with 30 seconds. If not completely melted, stir and microwave for an additional 30 seconds. Continue with 30 second intervals as needed until completely melted.
3. Remove melted chocolate from the microwave; add blueberries to the chocolate bowl and gently stir to completely coat the blueberries.
4. Using a spoon, lift 4-5 blueberries out of the chocolate mixture, allowing excess chocolate to drip off into the bowl. Place the blueberry cluster on the parchment lined baking sheet.
5. Repeat until all berries are used. You should end up with about 12 clusters.
6. Place the baking sheet in the refrigerator for 30 minutes, or until hardened. Remove from the refrigerator and enjoy.
7. Store in an airtight container in the refrigerator for up to 5 days.

Nutrition Information (per 1 cluster):

Calories: 42 Fat: 4 g Carbs: 5 g Protein: 1 g Fiber: 2 g Sodium: 0 mg