



Spicy Chocolate Dipped Oranges

Chef Amy Symington

Preparation Time: 5 min

Cooking Time: 10 min

- Equipment: Baking sheets, parchment paper

Ingredients

6 servings

2/3 cup (160 ml) coconut oil
3 tbsp (20 g) fresh ginger, finely chopped
3/4 tsp cinnamon
Pinch cayenne
Pinch nutmeg
1/2 cup (45 g) cocoa powder
1/4 cup (60 ml) maple syrup
3 oranges, peeled and separated

Garnish

Chopped nuts of your choice

24 servings

2 1/2 cups (625 ml) coconut oil
3/4 cup (80 g) fresh ginger, finely chopped
1 tbsp (8 g) cinnamon
1/2 tsp cayenne
1/2 tsp nutmeg
2 cups (180 g) cocoa powder
1 cup (250 ml) maple syrup
12 oranges, peeled and separated

Garnish

Chopped nuts of your choice

Directions:

1. Line baking sheet(s) with parchment paper and set aside.
2. Next, in a small sauce pot over medium-low heat, add coconut oil. Once melted, whisk in ginger, cinnamon, cayenne and nutmeg. Once spices are fragrant, about 2 minutes, slowly whisk in cocoa powder and cook out for about 1-2 minutes.
3. Next, slowly whisk in maple syrup in a steady stream until fully incorporated. Remove from heat.
4. Carefully dip each orange segment into chocolate sauce and place on to parchment paper.
5. Allow to cool in the fridge for 20 minutes before service.

Tip:

1. Before the chocolate sets, sprinkle chocolate covered oranges with coconut flakes or chopped nuts like walnuts or pistachios.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 5 pieces (114 g) par 5 pièces (114 g)	
Calories 300	% Daily Value* % valeur quotidienne*
Fat / Lipides 25 g	33 %
Saturated / saturés 21 g	105 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0 g	
Carbohydrate / Glucides 22 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 4 mg	1 %
Potassium 250 mg	5 %
Calcium 50 mg	4 %
Iron / Fer 1.25 mg	7 %
Vitamin A / Vitamine A 10 mcg	1 %
Vitamin C / Vitamine C 35 mg	39 %
Vitamin E / Vitamine E 0.2 mg	1 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Intro: For some universal reason making your own chocolate sauce and then dipping seasonal fruit in it is very impressive to people. This recipe is dead easy, tastes like you are at a fancy garden party and is helluva good for you! The cocoa teamed up with the robust spices and buttery coconut oil make it that much more decadent, but they also double as functional foods providing health benefits. Use the sauce with oranges or seasonal fruit as the recipe describes, as a fondue, or freeze it in bar form for a rainy chocolate-less day.

Symbols: high source of fibre, good for bowel motility, nausea and fatigue, high protein, kid friendly, good for all seasons, easy to swallow, nut free, soy free, freezable, make ahead meals

Functional foods present: ginger, cinnamon, cayenne, cocoa, citrus fruit (oranges)

Examples of phytonutrients and anti-oxidants present: carotenoids (cayenne), polyphenols (cinnamon, cocoa powder), gingerol (ginger), vitamin C (oranges)