

MAKE: RAINBOW CHOCOLATE CUPS

A MONTH OF HOLIDAY IDEAS

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Have fun making these no-bake, nutritious, rainbow chocolate cups. They're so colourful, they look like they're straight out of Willy Wonka's Chocolate factory!



WHAT YOU NEED: Paper patty pans (or mini muffin trays), measuring cups and spoons, small jug/bowl, and 3 small containers.



INGREDIENTS: Desiccated coconut, sunflower seeds, tahini, coconut oil, vanilla essence, maple syrup, cocoa powder and food colouring.



STEP 1: Add 1/3 cup of sunflower seeds to the bowl.



STEP 2: Add 1/3 cup of tahini to the bowl.



STEP 3: Add 1 teaspoon of vanilla essence and 3 tablespoons of cocoa powder to the bowl.



STEP 4: Add 3 tablespoons of melted coconut oil to the bowl.

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STEP 5: Add 1 tablespoon of maple syrup to the bowl.



STEP 6: Mix until well combined.



STEP 7: Spoon mixture into patty pans.



STEP 8: Divide 2 tablespoons of desiccated coconut between the small containers. Add a drop of food colouring to each. Stir well.



STEP 9: Sprinkle the coloured coconut over the tops of the chocolates and place them in a freezer overnight (or until set).



STEP 10: When set, remove chocolates from patty pans and enjoy!
Store in freezer or fridge in an airtight container.