

Dark Chocolate and Blueberry Cups



Ingredients

- 1 Tbsp. coconut oil
- 8 oz. coarsely chopped dark chocolate
- 1 Tbsp. chia seeds
- ½ cup blueberries
- 2 Tbsp. finely chopped walnuts

Instructions

- Line muffin tray with liners or use a silicone muffin tray.
- In a small pan, melt coconut oil and chocolate over low heat, continuously stirring. Remove from heat and stir in chia seeds.
- Divide chocolate mixture between muffin cups. Top each with equal amounts of blueberries and walnuts, gently pressing them into chocolate.
- Refrigerate for at least 30 minutes. Makes about 12 servings.

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