



Chocolate Raspberry Frozen Treats

What an amazing healthy sweet treat fix to grab quickly from the freezer and go. You can probably do this with a number of different berries or even fruit if you want to take the time to cut out a little hole. Blackberries. Strawberries. Honeydew. Cantelope. The fruit section is you're oyster here! :)

Ingredients:

- 1 pint fresh raspberries
- 1/4 cup milk or dark chocolate chips
- 1/2 teaspoon coconut oil

Instructions:

- Place fresh raspberries into a mini-muffin tin to help hold them for ease in filling.
- Heat chocolate chips and coconut oil in microwave safe bowl for 2 minutes on 50%. Stir until smooth.
- Pour into a zip top container and snip a tiny hole in the bottom corner of the bag.
- Squeeze the bag to fill each of the crevices of the raspberry with the melted chocolate.
- Place muffin tin in the freezer for about 15 minutes to set.
- Remove from the freezer and pour into an airtight, freezer-safe container and store in the freezer up to 3 months.

Enjoy!