



Healthy Easter Dark Chocolate & Nut Clusters

Adapted for seniors

This recipe aims to provide a tasty and nutritious option for seniors, considering factors such as fibre, reduced sugar, healthy fats, and adaptability to various dietary needs.

As with any dietary changes, it's advisable for seniors to consult with healthcare professionals or nutritionists to ensure the recipe aligns with their specific health requirements.

INGREDIENTS

- **1 cup** dark chocolate chips (at least 70% cocoa)
- **1/2 cup** mixed nuts (almonds, walnuts, or pistachios), chopped
- **1/4 cup** dried fruits (such as cranberries or apricots), finely chopped
- **1 tablespoon** chia seeds (optional for added nutritional benefits)
- **A pinch** of sea salt (optional)

DIRECTIONS

1. Melt the Chocolate:

In a microwave-safe bowl or using a double boiler, melt the dark chocolate chips until smooth.

2. Prepare the Nut Mixture:

In a separate bowl, mix together the chopped nuts, dried fruits, chia seeds, and a pinch of sea salt.

3. Combine Chocolate and Nut Mixture:

Pour the melted chocolate over the nut mixture. Stir until all the ingredients are well-coated.

4. Form Clusters:

Spoon small clusters of the mixture onto a parchment-lined tray. Ensure there's enough space between each cluster.

5. Decorate your clusters:

You can use mini eggs, M&Ms, sprinkles, easter cake toppers, chocolate bunnies or even chocolate birds for a cute bird nest cluster.

6. Chill:

Place the tray in the refrigerator for at least 30 minutes, or until the chocolate has fully set.

7. Serve:

Once set, remove the clusters from the refrigerator.

Serve and **enjoy in moderation!**

NOTES

- **Dark chocolate** is chosen for its potential health benefits, including antioxidants. Ensure it is suitable for any dietary restrictions your senior may have.
- **The inclusion of nuts** provides healthy fats and protein. Adjust the nut and fruit combination based on preferences and dietary needs.
- **Chia seeds** can be added for an extra nutritional boost, but they are optional.
- **Always consider individual dietary restrictions**, and consult with a healthcare professional if needed before introducing new ingredients.

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