

# UC-VEG

## Umpqua Community Veg Education Group

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# Chocolate Sauce for Dipping Fruit

## Ingredients:

- ½ cup unsweetened plant milk
- 1 Tbsp chia seeds
- 1 Tbsp 100% cocoa
- 1 tsp almond butter
- Erythritol sweetener to taste

Mix all the ingredients in a saucepan on medium low heat. Heat until the almond butter melts and the sweetener dissolves. Pour into a bowl, whisk until smooth, and put in fridge to cool. Then, dip fresh strawberries or other fruit and eat.

By Dr. Greger