

UCI Susan Samueli Integrative Health Institute



## From the Kitchen of Executive Chef Jessica VanRoo

## **Chocolate Bombs**

**Ingredients** Makes 3

- 1 cup semi-sweet or dark chocolate
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon coconut sugar

- 3 tablespoons mini marshmallows, vegan if needed.
- Sprinkles and frosting (optional)

## **Instructions**

- 1. Place chocolate in a microwave-safe bowl and microwave in 20-second intervals, allowing chocolate to sit for 20 seconds before stirring.
- 2. When melted completely, stir chocolate until smooth.
- 3. In a six-dome silicone mold, spoon a little more than 1 tablespoon of chocolate in each dome.
- 4. Using the back of the spoon, coat sides of each mold with chocolate, let cool and fully set at room temperature.
- 5. Combine sugar and cocoa powder, mix well and set aside.
- 6. Once the chocolate has set, gently pop chocolate shells from mold.
- 7. Fill three chocolate half-shells with 1 tablespoon cocoa mixture and 1 tablespoon mini marshmallows.
- 8. Heat a microwave-safe plate for 30 seconds.
- 9. Gently place the three empty half shells onto the warm plate, edges down to soften them.
- 10. Set empty halves atop the filled halves. Melt extra chocolate if needed to help seal each covered bomb.
- 11. Decorate the sealed bomb with more chocolate and sprinkles, if desired.

\*To serve, place a chocolate bomb in a large mug, Heat one cup of milk of choice, slowly pour into the mug. Stir to melt the bomb and enjoy!

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