



## Chocolate Pecan Coconut Clusters

From the kitchen of Lisa Johnson  
DiabeticKitchen.com

### INGREDIENTS

8 ounces pecans, raw and unsalted  
8 ounces bittersweet chocolate chips  
4 ounces dried coconut chips, toasted

### METHOD:

Preheat the oven to 325 degrees.

Place your nuts on a baking sheet in the preheated oven for 15 minutes until uniformly toasted. Remove them from the baking pan and cool to room temperature.

You can find toasted coconut at specialty stores. If you don't, then you will need to toast them on a baking sheet in the preheated oven for 10 minutes. They will be lightly golden around the edges. Remove them from the baking pan and cool to room temperature. Then break them in half with your fingers. This is so you don't crush any of them.

If you have a double broiler then heat 1-inch of water in the bottom half. If not, you can use a saucepan and a nonreactive bowl placed over the pan making sure it is large enough to sit on top of the saucepan like a lid. Make sure the bottom of the bowl does not touch the water. Place the chocolate in the bowl on top of the saucepan. Use a silicone spatula to stir the chocolate until it is melted and smooth. This will take about about 3 to 4 minutes.

Place your cooled nuts and coconut chips into a large mixing bowl. Add the chocolate. Use a silicone spatula to stir the ingredients making sure all the nuts and coconut are coated with the chocolate.

For each cluster, use a tablespoon or a medium cookie scoop and scoop the chocolate mixture on parchment paper or on your Silpat sheet. You can get them all on one sheet: four rows by 6 deep. Move your tray of clusters to the refrigerator for 30 minutes until they are firm enough to handle. Once you can handle them, move them to a tightly sealed container and return to the refrigerator until you are ready to serve them.

### DK NOTES:

You can substitute your favorite nut in this recipe. You can use dark chocolate chips (80+%) in this recipe as well. You may add a couple of drops of liquid stevia if you find it is not sweet enough for your palate. Taste the chip and you will know. Add the stevia to the chocolate as you melt it. But remember the coconut is a natural sweetener too. Be sure and check your labels for the percentage of chocolate that manufacturer is using as well as the carb and sugar content.

### FOODS THAT CAN HEAL IN THIS RECIPE:

**Coconut** – This is a natural way to boost the sweetness of the recipes you're creating while adding a nice dose of flavour and healthy fats. Coconut is made from medium chain triglycerides, which will have instant energizing effects on the body and assure that you feel great as you go throughout your day. It's also a heart-healthy form of dietary fat that will also strengthen the immune system and your glucose levels.

**Nuts** - Eating roughly 2 ounces of nuts daily in place of carbohydrates may help lower LDL cholesterol levels and improve blood sugar control in Type II diabetics.

And of course if you use **Dark Chocolate** and **Stevia** you will have those benefits too.



Preparation Time: 20 minutes  
Cook Time: 15-25 minutes  
Inactive Cook Time: 30 minutes  
Yield: 24 clusters

**KEYWORDS:** Bittersweet chocolate, Dark Chocolate, Chocolate candy, Candy, Dessert, Coconut, Pecans, Nuts

NUTRITION FACTS	
Servings:	24
<b>Amount Per Serving</b>	
Calories:	136
<b>Total Fat:</b>	12.32g
<b>Cholesterol:</b>	--
<b>Sodium:</b>	1mg
<b>Total Carbs:</b>	7.51g
<b>Dietary Fiber:</b>	1.48g
<b>Sugars:</b>	3.34g
<b>Protein:</b>	1.15g