

# Strawberry Jam Chocolate Bites

Easy-to-make, freezer-friendly Strawberry Jam Chocolate Bites. Enjoy the sweet berry taste combined with the satisfying crack of the chocolate layer.

**Author** Sarah Cobacho (plantbaes.com)



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## PREP TIME

10 minutes

## TOTAL TIME

2 hours 10 minutes

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**Servings** 12

**Course** Snack

**Cuisine** American-Inspired

**Keyword** 10 ingredients or less, chia seeds, chocolate, Easy Snack, Freezer-Friendly, Healthy dessert, high-fiber, maple syrup

## Ingredients

- 144 g strawberries, top removed, chopped
- 18 g chia seeds
- 30 g water
- 20 g maple syrup
- 10 g cacao powder
- 56.75 g cacao butter
- melted white chocolate optional

## Instructions

1. Mash the strawberries using a fork, then add chia seeds, water, and maple syrup. Stir well to combine. Set aside for 10 minutes to allow the chia to bloom.
2. Transfer the mixture to an ice cube tray, and freeze for at least 2 hours.
3. Add the cacao butter to heat safe bowl, and place in the microwave for 30 seconds at a time until melted. Stir in the cacao powder.
4. Using a fork, dip each frozen bite into the cacao mixture. Let it set on your fork for half a minute before putting it down. The cold will get the cacao to set and give you a nice uniform layer.
5. Enjoy straight away or keep in a sealed container in the freezer until ready to eat. You can enjoy them straight out of the freezer for a frozen treat, or take them out 10 minutes before for a softer consistency.

## Nutritional Information - Per Serving

**Calories** 64kcal | **Carbohydrates** 4g | **Protein** 1g | **Fat** 5g | **Sodium** 1mg | **Fiber** 2g | **Vitamin C** 7mg | **Calcium** 15mg | **Iron** 1mg

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