



## Ooey Goey Chocolate Bites (PKU-Friendly)

Hints of vanilla and coffee highlight this flavorful dessert. These delectable chocolate bites will satisfy your sweet tooth!

U.S.		Metric	Phe (mg)	Pro (g)
1/3 cup	Applesauce	85 g	0	0
2 Tbsp	Coconut oil	30 mL	0	0
3/4 cup	Chocolate chips, semisweet, Nestle Toll House brand	175 g	0	0
1/4 cup	Arrowroot flour	32 g	0.5 mg	0.01 g
4 Tbsps.	Water	60 mL	0	0
2 Tbsp	Granulated sugar	150 g	0	0
1/4 cup	Cocoa powder, unsweetened	59 g	18 mg	.35 g
1 tsp	Vanilla extract	5 mL	0	0
1 tsp	Coffee, instant	2 g	0	0
1/4 tsp	Salt	1.5 g	0	0
As needed	Pan spray	As needed	0	0
1 cup	Strawberries, sliced	152 g	50 mg	1 g
<i>Optional:</i>				
1 packet (1.2 oz)	PhenAlAde GMP Mix-In, or other Glycomacropeptide (GMP) mix, unflavored	1 Packet (33.3g)	15.3 mg	10 g
As needed	Powdered sugar	As needed	0	0
As desired	Cool Whip	As needed	0	0

**Protein per recipe: 1.36 g, or 11.36 g**  
**Phe per recipe: 68.5 mg, or 78.5 mg**

**Protein per serving: 0.1 g, or 1 g**  
**Phe per serving: 5.7 mg, or 6.5 mg**

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 325°F (163°C).
3. Bring a small pot of water to a simmer over low heat. Add your applesauce and coconut oil into a small bowl, and place your bowl on top of the pot of simmering water.
4. Slowly add your chocolate chips to your small bowl. Make sure all ingredients are completely melted before moving to the next step.
5. Dissolve arrowroot in 4 tbsp of water.
6. Add arrowroot mixture and granulated sugar to the melted chocolate chip mixture. Once it is thoroughly combined, remove from heat and set aside.
7. Add cocoa powder, vanilla extract, instant coffee and salt to your bowl of chocolate- making sure to mix thoroughly. Set aside.
8. Spray mini muffin tins heavily with pan spray.
9. Using a small cookie scoop, portion chocolate batter evenly into muffin tins. Bake for 12-15 minutes or until the edges of the brownies start shrinking away from the tin. The middle should still be gooey.
10. Remove from oven and let rest for 10 minutes. Remove all brownies from the tin and set aside.
11. To serve, you can use a small, fine-mesh strainer to lightly dust the brownies with a sprinkling of powdered sugar. If desired top each brownie with 1 Tbsp. of Cool Whip. Add sliced strawberries.
12. Serve immediately, and enjoy!

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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12 Servings

**Serving size**            **2 bites**

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**Amount per serving**

**Calories**                **140**

Calories from Fat            70

**Total Fat**                8 g

    Saturated Fat            5 g

    Trans Fat                0 g

    Monounsaturated        0 g

**Cholesterol**            0 mg

**Sodium**                 25 mg

**Total Carbohydrate**    19 g

    Dietary Fiber            1 g

    Total Sugars            14 g

        Includes 9.15g Added Sugars

**Protein**                 0.1 g

Vitamin D                 0 %

Calcium                    0 %

Iron                        2 %

Potassium                28 mg

Phosphorus               13 mg

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## Nutrition Facts - With PhenylAde GMP Mix-In

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12 Servings

**Serving size**            **2 bites**

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**Amount per serving**

**Calories**                **140**

Calories from Fat            70

**Total Fat**                8 g

    Saturated Fat            5 g

    Trans Fat                0 g

    Monounsaturated        0 g

**Cholesterol**            0 mg

**Sodium**                 65 mg

**Total Carbohydrate**    19 g

    Dietary Fiber            1 g

    Total Sugars            14 g

        Includes 9.15g Added Sugars

**Protein**                 1 g

Vitamin D                 0 %

Calcium                    0 %

Iron                        2 %

Potassium                40 mg

Phosphorus               17 mg

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