

# Organic Fair Trade Cocoa Nibs

Country of Origin: Peru/Mexico    Certified Organic and Fair Trade    Pro-Cert

## Nutrition Facts

### Valeur nutritive

Per 1/3 cup (40 g) / par 1/3 tasse (40 g)

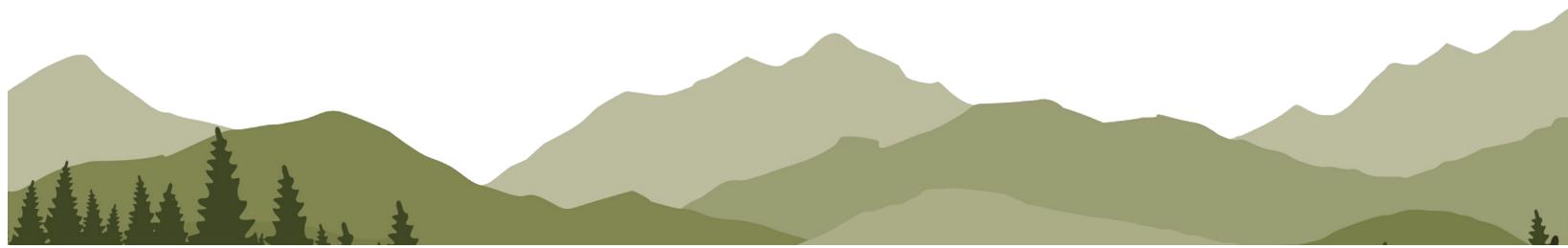
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 250	
<b>Fat / Lipides</b> 18 g	<b>28 %</b>
Saturated / saturés 11 g + Trans / trans 0 g	<b>55 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 4 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 15 g	<b>5 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	25 %

## Factoid:

Chocolate nibs are crushed bits of the cocoa bean. They are usually sold raw, fermented, dried or roasted. They provide fibre, potassium, magnesium, and antioxidants such as catechins. They have been used to add flavour and texture to a wide variety of baked goods, as well as salads and even pizza.

## Ingredients:

Organic roasted cocoa nibs



## Recipe:

# Mixed Greens with Pineapple and Cacao Nib Vinaigrette

### Ingredients:

1 Tbl extra-virgin coconut oil

1 1/2C pineapple (1/2 inch cubes), diced

1 tsp curry powder

1/4 tsp cardamom seeds, freshly crushed

1/4 tsp ground cloves

3 1/2 Tbl fresh lime juice, divided

2 Tbl walnut oil

1 Tbl agave nectar

1/4 tsp sea salt

1/4 tsp black pepper, freshly ground

1/2 C baby romaine lettuce

1/2 C red onion, thinly sliced

1/2 C roasted cashews, lightly crushed

1/2 C fresh cilantro, coarsely chopped (optional)

2 Tbl cocoa, lightly crushed

### Instructions:

1. Place oil in a large skillet over high heat. Add pineapple cubes in one layer and let caramelize lightly on one side. Add curry powder, cardamom, and clove; stir gently until pineapple is nearly dry. Remove from heat and add 2 tablespoons of lime juice, shaking gently. Slide mixture out onto a shallow plate, along with every bit of accumulated juices, and cool slightly.
2. When pineapple mixture is no longer hot, tip plate over a measuring cup to drain off all liquid, reserving the pineapple. Add enough lime juice to measure a total of 1/4 cup. Add walnut oil, agave nectar, salt, and pepper, and whisk to blend.
3. Place lettuce, onion, cashews, cilantro (if using), and cacao nibs in a large bowl. Add pineapple. Whisk dressing once more and pour to taste over salad. Toss gently but thoroughly, and serve at once.

