

COLD CHOCOLATE SPOON DESSERT

For a sudden sweet tooth craving... this is both tasty and healthy! This cool dessert is flavored with chocolate and cocoa, and the spoon becomes part of the recipe!



INGREDIENTS:

50 g extra dark chocolate Emilia
20 g bitter cocoa powder Emilia
20 g extra dark chocolate chips Emilia
2 pears
125 g plain yogurt
1 tbsp sugar
2 dry cookies to crumble
some mint leaves
some sugar



Difficulty
EASY



Preparation
15 min



Portion
2

1 Wash and peel the pears. Cook the peels for a few minutes in a pan with a little bit of water and a tablespoon of sugar, then blend until a cream is made. Melt the chocolate in a double boiler, dip two small spoons (don't dip the handle!) into the melted chocolate and place in the refrigerator to chill.

TIP

The teaspoon of chocolate is a greedy expedient to be used with many spoon recipes, especially the lighter ones that allow you to appreciate the taste of chocolate that melts on the palate.

2 In a small glass, make the following layers: a few chocolate chips, a layer of yogurt, a dusting of cocoa, three full spoonfuls of pear compote, a layer of crumbled cookies.

3 Garnish with a mint leaf and serve with the chocolate covered spoon.