

Healthy Dark Chocolate-Covered Strawberries

Sweet, juicy strawberries dipped in rich dark chocolate make one of the easiest healthier desserts you can prepare. They feel indulgent enough for a special occasion, but they're made with just a few simple ingredients and naturally portion themselves into bite-sized treats.

Dark chocolate pairs especially well with strawberries because the slight bitterness of the chocolate balances the fruit's natural sweetness. You also get vitamin C and fiber from the strawberries, while dark chocolate provides cocoa-derived plant compounds.

These are perfect for Valentine's Day, date night, parties, meal-prep desserts, or those evenings when you want something sweet without making an entire cake or batch of cookies.

Prep Time

10 minutes

Chill Time

20–30 minutes

Total Time

30–40 minutes

Servings

4 servings

About 3 strawberries per serving

Ingredients

- 12 large fresh strawberries
- 3 ounces dark chocolate, preferably 70% cacao or higher
- 1 teaspoon coconut oil, optional, for smoother melted chocolate
- 1 tablespoon finely chopped unsalted almonds or pecans, optional
- 1 teaspoon unsweetened shredded coconut, optional
- 1 teaspoon chia seeds, optional

Instructions

1. Prepare the Strawberries

Wash the strawberries thoroughly.

Pat them completely dry with a clean kitchen towel or paper towel.

This step is important. Even a small amount of water can cause melted chocolate to become thick or grainy, and chocolate sticks better to dry strawberries.

Leave the green tops attached so you have something to hold while dipping.

2. Prepare a Tray

Line a baking sheet, plate, or tray with parchment paper or wax paper.

This will prevent the chocolate-covered strawberries from sticking while they set.

3. Melt the Dark Chocolate

Place the dark chocolate in a microwave-safe bowl.

Microwave for about **20 seconds at a time**, stirring after each interval.

Continue until the chocolate is smooth and almost completely melted.

Stir until any remaining pieces melt.

If desired, stir in **1 teaspoon coconut oil** for a slightly thinner, smoother chocolate coating.

Be careful not to overheat the chocolate.

4. Dip the Strawberries

Hold each strawberry by the green leaves and dip it into the melted chocolate.

Turn the strawberry gently to coat about **two-thirds to three-fourths of the fruit**, leaving some of the red strawberry visible near the top.

Allow excess chocolate to drip back into the bowl.

5. Add Optional Toppings

Before the chocolate hardens, lightly sprinkle the strawberries with your choice of:

- Finely chopped almonds
- Finely chopped pecans
- Unsweetened coconut
- Chia seeds

You can also leave them completely plain.

6. Let Them Set

Place each dipped strawberry onto the prepared tray.

Refrigerate for approximately **20–30 minutes**, or until the

chocolate becomes firm.

Serve chilled or allow them to sit at room temperature for a few minutes before eating.

Healthy Recipe Tips

Choose Dark Chocolate

Look for dark chocolate containing around **70% cacao or higher** if you enjoy a deeper chocolate flavor.

Higher-cacao chocolate generally contains less sugar than many milk chocolates, although the exact amount varies by brand.

Don't Overdo the Chocolate

The strawberry should still be the star.

A thin chocolate coating provides plenty of chocolate flavor without turning the recipe into an overly heavy dessert.

Use Fresh, Firm Strawberries

Choose strawberries that are:

- Bright red
- Firm
- Free from bruising
- Completely dry before dipping

Softer strawberries may release moisture and won't keep as well.

Keep Toppings Simple

Nuts, seeds, and unsweetened coconut can add texture without requiring candy pieces or sugary sprinkles.

Optional Flavor Variations

Dark Chocolate Almond Strawberries

Sprinkle the freshly dipped berries with finely chopped almonds.

Dark Chocolate Coconut Strawberries

Add a small amount of unsweetened shredded coconut while the chocolate is still wet.

Dark Chocolate Pecan Strawberries

Use finely chopped pecans for extra crunch.

Chocolate-Chia Strawberries

Sprinkle lightly with chia seeds.

Cinnamon Dark Chocolate Strawberries

Add a very small pinch of cinnamon to the melted dark chocolate before dipping.

Storage

Dark chocolate-covered strawberries are best enjoyed **the same day they are made**.

If necessary, store them in a covered container in the refrigerator for about **1–2 days**.

For the best texture, place a paper towel in the bottom of the

container to help absorb excess moisture.

Avoid freezing them. Strawberries release a considerable amount of moisture after thawing and can become soft and watery.

Approximate Nutrition Facts

Per serving: approximately 3 strawberries

Using 12 large strawberries and 3 ounces of 70% dark chocolate, without optional toppings:

- **Calories:** 140–160
- **Protein:** 2 g
- **Carbohydrates:** 18–21 g
- **Fiber:** 3 g
- **Total Sugars:** 11–14 g
- **Fat:** 8–10 g
- **Saturated Fat:** 5–6 g
- **Sodium:** 5–10 mg
- **Vitamin C:** approximately 40–50 mg

Nutrition will vary depending on the size of the strawberries, the amount of chocolate that actually sticks to them, and the chocolate brand used.

Why This Dessert Can Fit Into a Healthy Eating Plan

Strawberries provide **vitamin C, fiber, water, and naturally occurring plant compounds.**

Dark chocolate adds richness, which means you don't need much to create a satisfying dessert.

The combination gives you something that's:

Fresh + sweet + chocolatey + portion-friendly

And unlike many packaged chocolate-covered treats, making them yourself lets you control exactly how much chocolate and which toppings you use.

Simple Formula

Fresh strawberries + a thin layer of dark chocolate + optional nuts or seeds

That's it.

A healthier dessert doesn't have to taste like a compromise.