

Pain au Mockolate

Makes
8

Ingredients

- 1 egg
- 1 tbsp water
- 1 sheet puff pastry, thawed if frozen
- 50g chopped low potassium chocolate substitute
- Flour for dusting

Method

1. Heat the oven to 180°C/160°C Fan/350°F/Gas 4. Line 2 baking sheets with greaseproof paper.
2. Beat the egg and water in a small bowl with a fork and set aside.
3. Lightly flour your work surface. Unfold the pastry sheet then lightly dust the top with flour. Use a rolling pin to roll the sheet into a 16-inch square.
4. Cut the pastry square in half, then cut each half into 4 rectangles (making 8).
5. Now, cut each rectangle diagonally into 2 triangles (making 16).





6. Chop the low potassium chocolate substitute into small chips and place about 2 teaspoons down the centre.
7. Starting at the wider end, roll each triangle up. Place each croissant seam-side down so that the tip of the triangle is tucked under the rolled croissant. Then bend in the edges, creating a crescent shape.
8. Lightly brush the tops of the croissants with the egg wash and bake for 20-25 minutes or until they are golden brown.
9. You can eat these hot or cold once cooked, although warmed through gives a nice gooey 'chocolatey' centre!