



Dark Chocolate Covered Almonds

Ingredients:

- ½ cup dark chocolate chips
- 1 cup raw unsalted almonds
- 1 teaspoon sea salt

Instructions:

1. Microwave chocolate in a microwave safe bowl for three 30-second increments or until almost melted. Stir until smooth.
2. Stir almonds in chocolate, and toss until well coated.
3. Place the chocolate covered almonds on a parchment-lined baking sheet, sprinkle lightly with sea salt, and chill in the refrigerator for about 10 minutes.

Variations:

- Use any other nut besides almonds based on your preference.

Prep Time: 10 minutes

Cooking Time: 10 minutes

Equipment:

Bowl
Microwave
Parchment Paper
Baking sheet
Measuring cups and spoons

Servings: 8 servings
Serving Size: 2 tablespoons almonds



Nutrition Facts: 160 Calories, 13 g Fat, 3.5 g Saturated Fat, 11 g Carbohydrates, 4 g Protein, 2 g Fiber, 6 g Sugar, 290 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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