



Chocolate "Nuts"

Total: 120 min · Prep: 40 min · Cook: 80 min · 4 servings · Easy · Desserts

Vegetarian

Gluten-Free

INGREDIENTS

10 ml Coconut oil or butter

60 g Extra dark chocolate

30 g Mixed dried nuts

INSTRUCTIONS

- 1 Melt the chocolate in a double boiler or microwave. If using a microwave, melt in short intervals (20-30 seconds) to prevent overheating.
- 2 Add the coconut oil to the melted chocolate and stir thoroughly until smooth.
- 3 Spread the nuts close together on a small flat plate so they don't stick together.
- 4 Pour the melted chocolate over the nuts so they are fully covered.
- 5 Place the plate in the freezer until the chocolate fully sets (approximately 30-60 minutes).
- 6 Once set, remove the nuts from the freezer, divide into portions, and enjoy!

Nutrition per serving: 149 kcal · Protein 2.0 g · Fat 11.0 g · Carbs 11.0 g · Fiber 1.6 g