

Salted Chocolate Almond Clusters

Makes 12 servings | A Diabetic-Friendly Recipe

Ingredients:

- 1 cup bittersweet chocolate chips or chopped chocolate (60 to 70% cacao)
- 1 cup whole almonds (raw or roasted, unsalted)
- Pinch of sea salt



Directions

1. Line a baking sheet or tray with parchment or wax paper.
2. Place the chocolate in a microwave-safe bowl.
3. Microwave on high for 30 seconds. Stir, then continue microwaving in 15-second bursts, stirring between each until melted and smooth.
4. Stir in the almonds until fully coated.
5. Spoon small clusters onto the prepared tray using a tablespoon.
6. Sprinkle with a tiny pinch of sea salt.
7. Let cool at room temperature until firm or refrigerate for 15 minutes to speed up setting.

Fun Food Fact

Bittersweet chocolate is rich in flavonoids, which are antioxidants that may support heart health. When paired with almonds, you get a double boost of good fats and nutrients in one tasty bite!