



CHOCOLATE ALMOND BITES

ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 15 mins

Fridge Time: 20 mins

Serves: makes 25 bites



INGREDIENTS

- 1 1/2 cups almonds
- 1/2 cup honey
- 1 tsp almond essence
- pinch salt
- 1 cup coconut, shredded
- 1/2 cup coconut oil, melted
- 1 tbsp natvia
- 1/2 cup cacao powder

METHOD

- Line baking tray with baking paper.
- Heat honey in microwave until warm.
- Add all other ingredients and mix well.
- Spoon onto prepared paper and refrigerate.
- Store in freezer.