

## Low-Sugar Chocolate-Covered Almonds



*These low-sugar, chocolate-covered almonds are a treat for everyone, including people with diabetes. Ideal for a light dessert or comfort snack.*

Preparation 20 min

Cooking 10 min

Waiting 20 min

Servings 4

Nutrition Facts (per serving)

Calories 140

Fat 11

Carbohydrates 7

Fibre 1,5

Protein 3

Sodium 150

### **Ingredients**

- 250 ml (1 cup) raw almonds
- 60 ml (1/4 cup) dark chocolate (or 45 g / 1.5 oz) (see note)
- 15 ml (1 tablespoon) coconut oil
- 15 ml (1 tablespoon) honey or maple syrup
- 2.5 ml (1/2 teaspoon) vanilla extract

- A pinch of salt

**Note:** For a low-sugar option, choose baking chocolate. Otherwise, dark or semi-sweet chocolate chips are also good choices.

## Preparation

1. Preheat the oven to 375°F (165°C). Dry roast the almonds for 8 to 10 minutes until they are golden. Let them cool.
2. Meanwhile, in a medium bowl, melt the chocolate with the coconut oil in the microwave in 20-second intervals.
3. Once well melted, stir in the honey, vanilla extract, and salt. Set aside.
4. Coat the roasted almonds in the chocolate mixture, making sure each almond is well coated.
5. Spread the coated almonds on a baking sheet lined with wax paper, ensuring they do not touch.
6. Refrigerate for at least 20 minutes before transferring the almonds to an airtight container.

## Notes

Can be stored in an airtight container in the refrigerator for 2 weeks.



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