

Dark Chocolate Almond Butter

18 Servings • 1 Serving = 2 Tablespoons



INGREDIENTS

- 2 cups raw almonds
- ½ teaspoon sea salt
- 1/3 cup dark chocolate chips

DIRECTIONS

1. Toast raw almonds in the oven at 350°F. Cool for about 5 minutes.
2. Process almonds in a blender or food processor with sea salt until smooth.
3. Over a double boiler, melt the dark chocolate chips. Whisk until smooth.
4. Once almonds are creamy, add melted chocolate and process until well combined. Place in an airtight container and store in a cool dark place.

Nutrition Facts

18 servings per container
Serving size 2 Tablespoons

Amount per serving
Calories 100

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D --mcg	--%
Calcium 36mg	2%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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