

# DARK CHOCOLATE ALMOND BUTTER

<b>Culinary Intro:</b>	Learn how to make your own chocolate treat with this recipe!
<b>Nutrition Intro:</b>	Dark chocolate almond butter is a healthy alternative to other chocolaty products such as Nutella. Making your own treat allows you to cut out added sugars and preservatives.

<p><b>Prep time: 20 minutes</b></p> <p><b>Ingredients for 18 servings</b></p> <p><b>Each serving= 2 Tablespoons</b></p> <p><b>Cost per serving= \$0.25</b></p> <ul style="list-style-type: none"> <li>2 cups raw almonds</li> <li>½ teaspoon sea salt</li> <li>1/3 cup dark chocolate chips</li> </ul> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>Toast raw almonds in the oven at 350 F. Cool for about 5 minutes.</li> <li>Process in vitamix or food processor with sea salt until smooth.</li> <li>Over a double boiler, melt the dark chocolate chips. Whisk until smooth.</li> <li>Once almonds are creamy, add melted chocolate and process until well combined. Place in an airtight container (Mason jar is great) and store in a cool dark place.</li> </ol>	<p style="text-align: center;"><b>Culinary/ Nutrition Notes for Demo:</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 5%; font-size: 24px;"><b>1</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Almonds can be used in many different ways, including making a paste or butter.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>Almonds are a great source of vitamins and minerals including calcium. Almonds are another way of getting calcium to keep your bones strong.</li> </ul> </td> </tr> <tr> <td style="text-align: center; font-size: 24px;"><b>2</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Make sure to watch the chocolate while melting so that it doesn't burn</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>Dark chocolate provides anti oxidants and has less added sugar compared to milk chocolate and white chocolate.</li> </ul> </td> </tr> <tr> <td style="text-align: center; font-size: 24px;"><b>3</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Be patient with the almonds in the food processor and allow them to become fully creamy.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>See salt helps decrease the bitter taste and bring out more of the natural sweetness of the chocolate.</li> </ul> </td> </tr> <tr> <td style="text-align: center; font-size: 24px;"><b>4</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Add other things to the chocolate such as dried fruit to enhance the sweetness and color.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>Adding dried fruit will increase the sweetness of the dish without adding added sugars. Be mindful of how much dried fruit you add, though, it is still high in sugar.</li> </ul> </td> </tr> <tr> <td style="text-align: center; font-size: 24px;"><b>5</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li></li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul> </td> </tr> </table>	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Almonds can be used in many different ways, including making a paste or butter.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>Almonds are a great source of vitamins and minerals including calcium. Almonds are another way of getting calcium to keep your bones strong.</li> </ul>	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Make sure to watch the chocolate while melting so that it doesn't burn</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>Dark chocolate provides anti oxidants and has less added sugar compared to milk chocolate and white chocolate.</li> </ul>	<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Be patient with the almonds in the food processor and allow them to become fully creamy.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>See salt helps decrease the bitter taste and bring out more of the natural sweetness of the chocolate.</li> </ul>	<b>4</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Add other things to the chocolate such as dried fruit to enhance the sweetness and color.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>Adding dried fruit will increase the sweetness of the dish without adding added sugars. Be mindful of how much dried fruit you add, though, it is still high in sugar.</li> </ul>	<b>5</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li></li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul>
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<b>Nutrition Facts</b>			
Serving Size 2 Tablespoons (18g)			
Servings Per Container 18			
Amount Per Serving			
<b>Calories</b> 100	Calories from Fat 70		
% Daily Value*			
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 65mg			<b>3%</b>
<b>Total Carbohydrate</b> 5g			<b>2%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 3g			
<b>Protein</b> 3g			
Vitamin A 0% • Vitamin C 0%			
Calcium 4% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories: 2,000    2,500			
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

<b>Clean-up/Review comments</b>		
<p><b>Culinary/ Cook Once, Eat Twice: Keep the dark chocolate bark in your refrigerator for a quick dessert throughout the week.</b></p> <p><b>Nutrition: Creating your own dark chocolate bark helps you see the ingredients your eating as well as makes dessert all the more worth it!</b></p>		

<b>Materials</b>	<b>Shopping List</b>
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 knife</li> <li>3. 1 bowl for trash</li> <li>4. mise en place bowls</li> <li>5. silicone spatula</li> <li>6. electric skillet</li> <li>7. can opener</li> <li>8. measuring cups</li> <li>9. measuring spoons</li> <li>10. paper plates/ cups/ soufflé cups</li> <li>11. paper towels</li> <li>12. tablecloth</li> <li>13. kitchen towel</li> <li>14. gloves</li> <li>15. copies of recipe</li> </ol>	<p><b>Produce</b></p> <p><input type="checkbox"/> Click here to enter text.</p>
	<p><b>Dry Goods</b></p> <p><input type="checkbox"/> Almonds</p> <p><input type="checkbox"/> Dark chocolate</p> <p><input type="checkbox"/> Sea salt</p>
	<p><b>Meats</b></p> <p><input type="checkbox"/> Click here to enter text.</p>
	<p><b>Dairy</b></p> <p><input type="checkbox"/></p>
	<p><b>Perishables</b></p> <p><input type="checkbox"/> Click here to enter text.</p>

	<b>Condiments</b> <input type="text"/> Click here to enter text.
	<b>Frozen</b> <input type="text"/> Click here to enter text.
	<b>Paper Goods</b> <input type="text"/>

**Prepping for demo:**

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

**Estimated time for preparation:** ½ hour