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Roasted Almond Bark

Ingredients:

Almonds 4 oz.

Dark chocolate 6 oz.

Dried cranberries 1/4 cup

Crushed red pepper to taste

Sea salt to taste

Olive oil spray

Directions:

1. Place almonds on cookie sheet sprayed with olive oil. Roast in oven for 20 minutes at 350 degrees F.
2. Let almonds cool, and crush them.
3. Melt dark chocolate in microwave at 45-second intervals until smooth.
4. Add crushed almonds to melted chocolate.
5. Spread mixture on parchment paper placed on a baking sheet.
6. Top with cranberries, sea salt, and red pepper to taste.
7. Put tray in freezer for 45 minutes.
8. Break apart into bark pieces, and eat!

Nutrition Facts:

Serving size: 1 piece

Recipe yields: 10 servings

Calories: 180

Fat: 12 g

Carbs: 14 g

Protein: 4 g

