

Dark Chocolate Nut Clusters – Low Carb

Makes: 50 **Serving Size** 2 Clusters

Ingredients

125g Dark Chocolate 80% Cocoa - (Lidl 81%)

2 Tsp (10g) of Xylitol (ground finely)

100g Whole or Chopped Almonds

100g Pumpkin Seeds

100g Sunflower Seeds



Instructions

Melt Chocolate in a bowl in the microwave or over a saucepan of hot water. Finely grind the Xylitol until it looks more like icing sugar and then add to the melted chocolate and stir well. Add the Almonds, Pumpkin Seeds and Sunflower Seeds and stir until fully coated.

Using a small teaspoon, spoon the mixture into mini paper cases, ice cube tray or make small mounds on parchment paper. There is enough mixture for 50 mini clusters.

Refrigerate until solid.

Nutrition information:

2 Clusters per serving:

Kcal	98
Fat (Sat)	2.4g
Carbs	1.8g
Protein	3.0g