



Cocoa Dusted Almonds

Course	Appetizer, Snack
Cuisine	American
Diet	Gluten Free, Vegan, Vegetarian
Keyword	almonds, chocolate, coconut oil
Cook Time	5 minutes
Total Time	5 minutes

Servings	4 servings
Calories	230kcal
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Equipment

- nonstick skillet
- medium bowl
- small sifter

Ingredients

- 1 cup whole raw almonds
- 1 teaspoon coconut oil
- 1½ tablespoons unsweetened cocoa powder
- 1½ tablespoons confectioners sugar adjust to your taste

Instructions

1. Warm the skillet over medium heat and melt the coconut oil in the pan. Sauté the almonds in the coconut oil for about 1 to 2 minutes, until warm. Strain the almonds and transfer to a medium bowl. Sift the cocoa powder and sugar together, then sift again over the almonds, tossing and stirring until the nuts are completely coated. Allow to cool and serve. Will keep in a tightly closed jar for a week or two.

Nutrition

Calories: 230kcal | Carbohydrates: 12g | Protein: 8g | Fat: 19g | Saturated Fat: 2g | Sodium: 1mg | Potassium: 281mg | Fiber: 5g | Sugar: 4g | Calcium: 94mg | Iron: 2mg

You can find this recipe at <https://andreasrecipes.com>.