



Nutty Dark Chocolate Sea Salt Squares

16 servings
1 hour 30 minutes

Ingredients

- 1/2 cup Raw Honey
- 2 tbsps Coconut Oil
- 1 cup Almonds (chopped or smashed)
- 1 cup Pumpkin Seeds
- 1 cup Walnuts (chopped)
- 5 1/4 ozs Dark Organic Chocolate (at least 70% cacao)
- 1 tsp Sea Salt (coarse ground)

Nutrition

Amount per serving	
Calories	236
Fat	18g
Saturated	5g
Polyunsaturated	6g
Monounsaturated	5g
Carbs	17g
Fiber	3g
Sugar	11g
Protein	5g

Directions

- 1 Line a 8x8 pan with parchment paper.
- 2 Heat the honey, coconut oil and a pinch of sea salt in a small sauce pan over medium-low heat for about 10 minutes or until it starts to thicken. Then fold in the almonds, pumpkin seeds and walnuts. Stir until well coated then transfer into your paper lined pan. Press it down firmly into the pan. Transfer the pan to the fridge for 1 hour.
- 3 Once your squares have hardened in the fridge, lift the parchment paper from the pan and then cut the hardened nut mix into squares.
- 4 Create a double boiler by filling a large pot with water and placing a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get into the small pot.
- 5 Add the dark chocolate in the smaller pot and stir until melted.
- 6 Line a baking sheet with parchment paper.
- 7 Dip one end of each square into the dark chocolate. Place on the parchment paper. Repeat until all squares are dipped and then place in the fridge until the chocolate is set.
- 8 Once the chocolate is set, sprinkle the chocolate portion of each square with some coarse ground sea salt.
- 9 Arrange on a decorative plate and serve. Enjoy!

Notes

Storage, Refrigerate or freeze in an air-tight container.

Make as Bars, Slice into bars instead of squares. Use a spoon to drizzle with melted chocolate.

Mix it Up, Use any variety of seeds and chopped nuts. Sunflower seeds, pistachios, macadamia nuts, brazil nuts, cashews and pecans all work beautifully!