

# Easy Cocoa Dusted Almonds



## Ingredients:

- 2 tablespoons cocoa powder
- ¼ teaspoon ground cinnamon
- pinch Himalayan sea salt
- 2 cups whole raw unsalted almonds
- 1 teaspoon honey
- ½ teaspoon vanilla extract

## Method:

1. Sift together cocoa powder, cinnamon, and salt in a medium bowl. Set aside.
2. Measure the almonds and place in a medium bowl. Set aside.
3. In a small saucepan, heat honey and vanilla extract over low heat. (Alternately, use microwave to liquefy the honey). Stir together.
4. Once the honey mixture has "thinned" out, remove the honey mixture from the heat and pour over the almonds. Quickly stir together and combine.
5. Quickly combine the honey coated almonds with the cocoa powder mixture and toss gently together until the almonds are dusted with cocoa.
6. Can be stored in an airtight jar or container.

**Note from Lori:** Sometimes you feel like a nut (or I do anyway)! An ounce of nuts and seeds (especially walnuts & almonds) or nut butter every day has the vitamin E to keep your mind sharp. Omega 3 and 6 fatty acids balance serotonin levels to boost mood and reduce inflammation. An ounce of nuts is about 23 nuts, or fits in the palm of your hand or a mint container. Enjoy daily in moderation. Almonds pair nicely with an apple for a great snack with protein + fat + fiber!

## Health Coach Contact Information:

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