Blueberry Almond Turtles

Ingredients:

- 4 ounces dark chocolate (70% Cacao or higher) the darker the better.
- 1 cup fresh blueberries, sorted, washed and dried.
- ¼ cup slivered almonds

Instructions:

1. Melt chocolate in the microwave. Mix berries into the warm chocolate, stirring gently to coat them.
2. Cover a baking sheet with waxed paper. Mound several slivered almonds on the sheet.
3. Using two spoons, lift 6 – 8 berries in chocolate and place on top of the almonds . Shape into a cluster.
4. Repeat to create approximately 24 clusters. Chill for 45 minutes

Makes 24 servings

1 cluster: 35 calories, 2 grams fat, 1 gram saturated fat, 4 grams of CHO and 1 gram of protein.

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