



ALMOND BUTTER SNACKS

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 140g Ground almonds
- 225g Almond butter
(I use Pip and Nut or homemade)
- 5tbsp Maple syrup
- 1 tsp Vanilla extract
- Dark Chocolate chips
- Sea salt flakes

METHOD

- To a large mixing bowl add all the ingredients in the order listed and mix together until all combined
- Roll into balls in the palms of your hands
- Refrigerate in a glass or ceramic container
- Leave to set in fridge for 30mins
- Keeps really well for up to a week (they did not last that long in my house!!)

PREP TIME

- Prep | 10min
- Set | 30min
- Ready in | 40mins

For more recipes visit www.thehealthboost.co.uk