

Dark chocolate, cranberry and almond bites

These tasty treats are great after dinner. They also make lovely gifts and no one needs to know how easy they were to make.....

Ingredients:

100g good quality 85% chocolate
Handful flaked almonds, lightly toasted
Handful dried cranberries
Pinch sea salt

Directions:

- Break chocolate into pieces and melt in a bain marie
- Pour onto baking sheet lined with greaseproof paper
- Sprinkle almonds, cranberries and salt over chocolate and place in fridge
- When solid, break into bite sized pieces

Good news! Small amounts of good dark chocolate qualify as health food, providing antioxidants and minerals like magnesium. Go for the best quality you can find and savour slowly.

Use whatever nuts and seeds you like or have to hand. Another favourite combo is pistachio and sour cherry.