



ALMOND CHOCOLATE SQUARES

SERVES: 16 (1 square each) Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 ½ 2

1 cup	oat flour, gluten-free
½ cup	almond flour
3 scoops	Vanilla Shakeology
½ tsp.	sea salt (or Himalayan salt)
1 cup	all-natural almond butter
2 tsp.	pure vanilla extract
½ cup	unsweetened almond milk
¼ cup	dark chocolate chips, 70% cacao (or more)

SPECIAL EQUIPMENT:

Parchment paper

1. Line 8 x 8-inch baking pan with parchment paper. Set aside.
2. Place flours, Shakeology, and salt in food processor; pulse to mix.
3. Add almond butter and extract; pulse for 1 minute, or until crumbly.
4. Add almond milk; pulse for 1 minute, or until mixture forms a soft dough.
5. Press dough into prepared pan. Smooth top with a spatula.
6. Freeze, covered, for 15 minutes.
7. Cut into sixteen squares (approx. 2 x 2 inches).
8. Melt chocolate in double boiler.
9. Drizzle melted chocolate evenly on top of squares.
10. Freeze for 10 minutes, or until chocolate sets.
11. Store in freezer for up to one week in an airtight container.

RECIPE NOTES:

- You can make oat flour by processing oats in a food processor (or blender) until smooth.
- You can make your own almond flour by processing 1 cup slivered almonds in a food processor (or blender with a strong motor). Make sure that you pulse in 20-second intervals to prevent the almonds from turning into almond butter. 1 cup of slivered almonds yields approx. 1 cup of almond flour.
- If you can't find almond flour in your store, you can look at club stores or online.
- If you don't have a double boiler, use a medium stock pot. Fill bottom of pot with water, place heat-resistant bowl on top, so that water is not touching the bottom of the bowl. Place over high heat. Once water is boiling add chocolate chips, stirring until fully melted.

VARIATIONS:

- You can substitute any nut or seed butter for almond butter.
- Coconut flour or hazelnut flour can be substituted for almond flour.

NUTRITIONAL INFORMATION (per serving): Calories: 186 Total Fat: 13 g Saturated Fat: 2 g Cholesterol: 2 mg Sodium: 154 mg Carbohydrates: 13 g Fiber: 3 g Sugars: 4 g Protein: 8 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.