

Chocolate-Covered Brazil Nuts

Get ready to go nuts for these Chocolate-Covered Brazil Nuts—an easy-peasy recipe for healthy, glowing skin.

Did you know that Brazil nuts are an excellent source of healthy fats, antioxidants, vitamins, and minerals? These tiny but mighty nuts contain selenium which improves skin elasticity and neutralizes free radicals that cause acne. Pair these nutty, chocolatey bites with **CanPrev's Collagen Beauty Powder** for enhanced skin hydration, smoothness and even cellulite reduction.



Preparation time: 10 mins | Servings: 30



Ingredients

- 1 dark chocolate bar (100g)
- 2 tbsp maple syrup
- 1 tsp coconut oil
- 3 tbsp hemp hearts
- 30 Brazil nuts
- Flaky sea salt
- 2 scoops Collagen Beauty Powder

Method

1. In a microwave-safe bowl, melt together chocolate, coconut oil and maple syrup.
2. Mix in hemp hearts and Collagen Beauty Powder.
3. Dip Brazil nuts in mixture.
4. Sprinkle with flakey sea salt, refrigerate and enjoy!

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Hilary is a health enthusiast, with a passion for cooking, nutrition and fitness. She loves creating recipes that anyone can enjoy, that taste as good as they make you feel.

