

Chocolate Florentines

Guilty Pleasure

SUGARLESS TREAT | GLUTEN FREE | SPECIAL OCCASION | SHARING RECIPE



Prep: 20 min

Cook: 5 min

Serves: 24

Temp: Chill

INGREDIENTS

100 g dates, softened
50 g hazelnuts
50 g pistachios
50 g pumpkin seeds
50 g sunflower seeds
50 g walnuts
50 g sesame seeds or black sesame seeds
25 g butter
150 g sugar-free dark chocolate, melted

INSTRUCTIONS

Melt butter gently and soften the dates for 3-4 minutes.
Add the nuts and seeds and stir until lightly toasted and sticky.
Spoon small thin portions onto melted sugar-free dark chocolate on parchment.
Shape into 24 thin cookies.
Chill until firm, then break or lift from the parchment.

VICTORIA'S TIP

Substitute any nuts or seeds. Victoria used hazelnuts instead of peanuts and black sesame seeds.

SERVING IDEAS

Alternative: mix the melted chocolate into the nut and seed mixture, spread on a sheet, and cut into squares just before the chocolate sets.

APPROXIMATE NUTRITION PER SERVING

Calories 125 Protein 3.4 g Fat 9.9 g Total Carbs 8.3 g Fibre 2.4 g Net Carbs 4.4 g
Serving: 1 thin cookie

Calculated as a half batch making 24 thin cookies; values vary by chocolate brand.

RECIPES -Sugarless Treats

stopsugarcrave.com/recipes-sugarless-treats

