

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Chocolate & Tangerine Platter

Ingredients

1-2 squares of 90% dark chocolate

2 segments of tangerine or orange

1 tsp of Almond Butter (refer to GTE recipe)

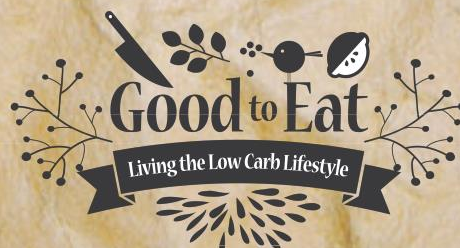
Sprig of fresh thyme (or herb of your choice)



Method

This is perfect for a casual dessert with friends. You could also serve with some dollop cream if you so choose. Read more about this treat in our blog post “Tickle Your Taste Buds”.

1. Break chocolate into small pieces and place on a plate, small serving chopping board or platter.
2. Add tangerine (or orange) segments.
3. Put a teaspoon of almond butter in a small dish and place with the chocolate and fruit segments.
4. Add a sprig of your favourite herb.
5. Enjoy!



Preparation Time: 5 minutes

Cooking Time: 0 minutes

Serves 1

For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au