



Recipes with Honey



Chocolate Almond Balls

These marzipan-like sweets can be presented as squares, stars or other shape, if your prefer. They can also be prepared without the chocolate coating. Instead of diabetic chocolate, you could use very high cocoa content dark chocolate, which has very little sugar in it.

Ingredients:

Two tbsp honey
150g (5oz) soft ground almonds
One small egg
One tsp almond essence
150g (5oz) diabetic dark chocolate

Method:

- 1) Melt your honey in a small pan then pour your almonds into a bowl and slowly add the honey and almond essence.
- 2) Beat your egg, then add it to the mixture, little by little, until you have a good paste. Place in the fridge and allow to harden.
- 3) Meanwhile, melt your chocolate in a small heat-proof bowl over hot water, or in the microwave.
- 4) Take your almond mixture, roll into balls and dip into the melted chocolate.
- 5) Once each ball is well covered, place on a baking sheet in the fridge and allow to chill and set. Then wrap in cellophane or present in a box.