



Chocolate Peanut Clusters

8 ounces dark chocolate, chopped

8 ounces Spanish peanuts

Line a cookie sheet with waxed or parchment paper and set aside.

Place chopped chocolate in a heat-safe glass bowl.

Place in a microwave and heat on high for 1 minute. Stir, checking for full melt. If not fully melted, return bowl to microwave and heat for 30 seconds. Remove and stir again.

Repeat heating—at 15 second intervals—until completely melted.

Do NOT overcook or chocolate with scorch, rendering it useless.

Once chocolate is completely melted, stir in peanuts then, using a tablespoon, scoop out and place in clumps on prepared cookie sheet.

Allow to cool completely before moving or eating.



Approximate servings per recipe: 16. Nutrition per serving: Calories 156; Fat 10g; Sodium 14 mg; Carbohydrates 10g; Fiber 2g; Sugar 8g; Protein 5g.

NOTE: To up resveratrol, try sipping some red wine while eating these. :)