

## Blueberry Almond Turtles

### Ingredients:

4 ounces bittersweet dark chocolate  
1 cup fresh blueberries, sorted, washed and dried  
¼ cup slivered almonds

### Directions:

1. Melt chocolate in a double boiler or micro-wave.
2. Mix berries into warm chocolate, stirring gently to coat them.
3. Cover a baking sheet with wax paper. Mound several slivered almonds on the sheet. Using two spoons, lift 6-8 berries in chocolate and place on top of the almonds. Shape each cluster.
4. Repeat to create approximately 24 clusters.
5. Chill for about 45 minutes.

Serves: 24

Serving Size: 1 cluster

Source: Richard Collins, MD  
Medical Director of Cardiac Rehabilitation and the Lifestyle Programs  
South Denver Heart Center

Nutritional analysis per serving: calories 35, calories from fat 18, total fat 2g, saturated fat 1g, trans fat 0g, cholesterol 0mg, sodium 1mg, total carbohydrate 4g, dietary fiber 1g, sugars 3g, protein 1g, vitamin A 0%, vitamin C 2%, calcium 0%, iron 0%