

# Chocolate bar with prunes and almonds



Simple and quick to make and even better to eat.

*Recipe contains FODMAPS but might be useful for people with constipation based IBS and no issues with FODMAPS*



## Ingredients

### Serves 12

- 300g dark chocolate 70%
- 75g butter
- 100g almonds with shell
- 200g prunes

## Method

---

Preheat oven to 350f, 180°C, and 160 fan

Melt the chocolate and butter over hot boiling water.

Roast the almonds in a preheated oven for about 15 minutes until golden then Leave them to cool.

Chop the prunes coarsely and mix them with chocolate and almonds.

Put the chocolate mass into a loaf tin or similar lined with baking paper or Clingfilm and cool for at least 4 hours.

Cut the confectionery into bite-size pieces and serve with coffee or liqueur.

Tip: Try adding a little liquorice powder or dry chilli to the chocolate, or marinate the prunes in liqueur or other spirit for about 30 minutes.

