

Almond Butter Board



Indulge in a delightful almond butter board. This customizable and nutritious dessert is perfect for satisfying cravings and providing a burst of flavors and textures, beautifully presented on a board with sliced apples and toasted whole grain bread.

Preparation 5 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 300

Fat 20

Carbohydrates 25

Fibre 7

Protein 7

Sodium 45

Ingredients

- 60 ml (¼ cup) natural almond butter
- 15 ml (1 tbsp) dry roasted pumpkin seeds, unsalted
- 15 ml (1 tbsp) dried cranberries
- 30 ml (2 tbsp) walnut halves
- 15 ml (1 tbsp) 70% cocoa dark chocolate pieces

- 5 ml (1 tsp) shredded coconut
- 7.5 ml (½ tbsp) honey

Toppings

- 1 apple
- 2 slices whole grain bread, toasted

Preparation

1. Spread the almond butter on the board.
2. Sprinkle with remaining ingredients except apple and toasted bread slices.
3. Slice the apple and cut each piece of toast into 4 pieces.

Notes



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