



CHOCOLATE + BERRY PANINI

Ingredients:

1 tablespoon	Butter
2 each	Bread slices
3 each	Berries
1 tablespoon	Almond butter
1 tablespoon	Chocolate chips

Method:

- In a small sauté pan, on medium heat.
- Spread ½ tablespoon on one slice of bread.
- On the other side spread almond butter, then place butter side down in pan.
- Top the almond butter with berries and chocolate chips.
- Spread the remaining ½ tablespoon of butter on the other slice of bread and place in the pan creating a sandwich.
- Allow to sear for 2-3 minutes or until lightly toasted, flip and repeat 2-3-minute sear.
- Remove from pan and cut into two pieces. Serve warm.

Serves: 2

Serving Size: 1/2

Calories: 250

Fat: 16 grams

Carbohydrates: 25 grams

Protein: 5 grams

Fiber: 3 grams