

Dark Chocolate Nut Mix

Ingredients

- ½ cup raw almonds
- ½ cup sunflower seeds
- ¼ cup dark chocolate chunks (minimum 70% cacao)
- Pinch of sea salt (optional)

Instructions

1. Roast almonds and sunflower seeds lightly in a dry pan for 3–4 minutes (optional for extra flavor).
2. Let them cool, then mix with dark chocolate chunks.
3. Store in an airtight jar and enjoy as a healthy snack.

Benefits

- Almonds are rich in vitamin E, protecting skin from dryness.
- Sunflower seeds contain zinc, which helps heal acne and blemishes.

- Dark chocolate is loaded with polyphenols that improve blood flow and give skin a natural glow.