Chocolate and Almond Covered Strawberry

Ingredients:
3 crushed almonds
1 tsp chocolate chips
2 strawberries

Directions: Sprinkle three crushed almonds into the bottom of each ice tray cube compartment. Top with one teaspoon of melted chocolate chips per cube and stick in one strawberry in each cube. Freeze overnight and enjoy

Food for Pleasure: Food does not have one purpose (nutrition). Food is a way we relate to one another. It brings us together in times of joy and grief, helps us experience and relate to other cultures, and is an essential part of community. When you eat what you really want, in an environment that is inviting and conducive, the pleasure you derive will be a powerful force in helping you feel satisfied and content.