

Published based on [Chocolate Sundae with Spiced-Almond Praline Recipes](#)

Chocolate Sundae with Spiced-Almond Praline Recipes

This is a great desert recipe if you are on a diet or you are just trying to stay fit. This recipe just has a few calories and a low fat content. Click on one of the links to get the rest of the recipe.

1. Preheat oven to 375°. Stir together first 4 ingredients (through pepper) in a small bowl. Add almonds, and stir gently until well-combined. Transfer to a parchment paper-lined baking sheet, and spread nuts in a single layer. Bake in middle of oven, stirring occasionally, about 6 minutes or until golden brown and fragrant. Remove parchment from pan, and let almonds cool on paper. Nuts will crisp as they cool.

[Cherry-Chocolate Sundae with Spiced-Almond Praline - Recipes - Health.com](#)

You can also find this article published on [Chocolate Sundae with Spiced-Almond Praline Recipes](#), and on the tag pages [chocolate sundae](#), [chocolate sundae recipe](#), [health](#), [Health.com](#).