

# Make Your Own Chocolate Bark



*This treat is quick to whip up and is just the right amount of sweetness at the end of a meal. It's also fun to customize with your choice of toppings!*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
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## INGREDIENTS

⅓ cup	Chocolate chips or Chocolate bar, chopped (at least 60% cacao)
2 Tbsp	Dried fruit, unsweetened (ex. cherries, cranberries, raisins, apricots, dates)
2 Tbsp	Nuts, toasted, unsalted (ex. cashews, almonds, peanuts, walnuts, pecans)
2 Tbsp	Seeds, toasted, unsalted (ex. pumpkin seeds, sunflower seeds)
2 Tbsp	Coconut flakes, toasted, unsweetened

## CHEF'S NOTES

This bark will keep well in the refrigerator in an airtight container for over a week.

Cacao is the source of chocolate's health benefits. Dark chocolate is rich in flavanols (up to 2-3 times more than milk chocolate) which may help protect the heart.

Lower percentages of cacao have a sweeter taste, for example milk chocolate typically has 50% or less cacao.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Line a baking sheet with parchment paper.
2. In a microwave-safe bowl, melt the chocolate by heating in 15-second intervals, mixing in between each interval.
3. Once melted, spoon the chocolate on to the lined baking sheet, making 12 even discs.
4. Before the chocolate hardens, place 2 tsp worth of any combination of your favorite toppings onto each chocolate disc. A gentle press might be necessary to make sure all toppings stick to the chocolate.
5. Once all toppings are in place, and pressed, place the baking tray in the refrigerator for 20 minutes to allow them to harden. Remove the bark from the tray by lifting the chocolate and pulling back the parchment paper.

# Nutrition Facts

6 servings per container

**Serving Size** 2 discs (28 g)

Amount per serving

**Calories** 150

% Daily Value \*

**Total Fat 10g** 13%

Saturated Fat 5g 25%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 0mg** 0%

**Total Carbohydrate 14g** 5%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes 7g Added Sugars 14%

**Protein 2g** 5%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1mg 8%

Potassium 100mg 3%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

