

Hippie Chocolate Bark

Serves 20

Ingredients:

¼ cup pecan halves
¼ cup chopped pistachios
3 tablespoons sliced almonds
2 tablespoons pumpkin seeds (shelled)
10-12 ounces dark chocolate
3 tablespoons dried cranberries
2 tablespoons chia seeds
½ teaspoon sea salt



Directions:

1. Preheat oven to 250 degrees.
2. Combine all nuts and place them on a baking sheet. Place in the oven and toast for 10-12 minutes, keeping a close eye on them. Remove from the oven and set aside to cool.
3. Place the chocolate on a baking sheet lined with parchment. Place it in the oven, still at 250 degrees, for about 5 minutes. Again, watching closely until soft.
4. Once soft, take the chocolate out of the oven and spread to an even layer (about 1/8-inch slab). Sprinkle the toasted nuts and remaining ingredients on the soft chocolate.
5. Place in refrigerator until fully cooled.
6. Cut into random shapes with a sharp knife and enjoy!

Nutrition Information per serving (1 wedge)

Calories: 123, Total Fat: 9 g, Saturated Fat: 4.5 g, Unsaturated Fat: 3.3 g, Cholesterol: 1.2 mg, Sodium: 53.4 mg, Carbohydrate 9.2 g, Fiber: 2.3 g, Sugar: 7.4 g, Added sugar: 7.4 g, Protein: 1.9 g

SOURCE: <https://www.tasteloveandnourish.com/hippie-chocolate-bark/>



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