



Healthy Body | Healthy Mind | Healthy Family | Healthy Community

Dark Chocolate & Nut Bark

Directions

1. Line a large baking sheet with parchment paper.
2. In a bowl, mix coconut smiles and walnuts
3. Fill one large pot with water and place a smaller pot inside. Bring to a boil, then reduce to lowest heat. Ensure no water is able to escape into the smaller pot!
4. Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Stir in honey if using. Do not overheat as this will cause the chocolate to get lumpy.
5. Stir in the nut mixture and pour onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the hemp hearts and sea salt if using.
6. Transfer to the fridge and let chill for 20 to 30 minutes, or until firm.
7. Once the chocolate is firm, break or cut into pieces. Enjoy!

Ingredients (4 servings)

1. 200 grams Dark Chocolate (at least 70% cacao ; organic if possible)
2. 1 tsp Raw Honey (optional)
3. 1 cup (or more) Toasted Coconut Smiles :)
4. 1/2 cup (or more) Walnuts

Optional:

- Hemp hearts
- Sea salt