

Winter Spiced Dark Chocolate Bark

Ingredients:

- 12 ounces dark chocolate, 85 % cacao, roughly chopped
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- Pinch ground cloves
- 1/2 cup mixed toasted nuts and/or seeds, walnuts, pistachios, pecans, almonds, pepitas, etc
- 1/2 cup mixed dried fruit, raisins, cranberries, currants, cherries, quartered figs, or quartered apricots, etc
- Sea salt

Directions

1. Line a baking sheet with parchment paper or aluminum foil.
2. Melt chocolate over a double boiler using hot but not boiling water, a chocolate melter, or a microwave in 30 second increments. Stir regularly as chocolate melts. Keep chocolate under 90 °F, so it doesn't burn. As the chocolate is melting, stir in the coriander, cardamom, nutmeg, cinnamon, and cloves. Mix in well to combine.
3. Once fully melted, pour chocolate onto a foil or parchment paper lined baking sheet. Using a rubber spatula or offset spatula, spread chocolate evenly until it is about 1/8 – 1/4 inch thick, or as thick as you want it to be.
4. Sprinkle nuts, seeds, and dried fruit evenly over the melted chocolate. Let chocolate solidify lightly before sprinkling sea salt on top.
5. Let bark cool at least 2 hours in a cool area or 30 minutes in the fridge. Break into bite-sized pieces.

Nutrition Facts

Serving Size 1 candy cup (20g)
Servings Per Container 24

Amount Per Serving

Calories 50 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 7g **2%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 1g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

