



TREAT *yourself*

Festive Bark

Enjoy in moderation. Give as a gift.

Approx. 10 serves | Approx. 90 calories per serve

Ingredients

¼ cup of raw almonds*

¼ cup raw pistachios*

2 tsp goji berries*

2 tsp pepitas*

2 tsp cacao nibs*

Pinch of sea salt

1 block 70% dark chocolate

(we used supermarket own-brand)

2 squares white chocolate

(we used supermarket own-brand)

*Feel free to use whatever is in your pantry: different nuts and seeds, coconut, dried apricots, cranberries, ginger, raisins. Make it your own!

Method

1. Line baking tray.
2. Melt dark chocolate in a heat proof bowl over simmering water. Stir until smooth.
3. Thinly spread over baking tray into a rectangle shape.
4. Sprinkle almonds, pistachios, goji berries, pepitas and cacao nibs evenly.
5. Set aside in fridge to set.
6. Melt white chocolate in a heat proof bowl over simmering water. Stir until smooth.
7. Once dark chocolate is set, drizzle white chocolate and leave until set.
8. Enjoy as a treat, or wrap up and give as a festive gift.

All information contained in this article is intended for general information purposes only. The information provided should not be relied upon as medical advice and does not supersede or replace a consultation with a suitably qualified healthcare professional.

Why it's good for you

- ♥ This recipe is good for the soul. Here at the CBHS, we believe you can enjoy all food in moderation. And, it is the festive season after all!
- ♥ We have added nuts and seeds, which have protein and unsaturated fats to help slow down the spike of blood glucose from the chocolate. However, this is still a treat food. Enjoy in moderation.

