Super Seed Chocolate Bark

8 servings
40 minutes

Ingredients

80 **grams** Dark Chocolate

2 **tsps** Coconut Oil

30 **grams** Pumpkin Seeds

30 **grams** Sunflower Seeds

2 **tbsps** Hemp Seeds

Nutrition

Amount per serving	
Calories	130
Fat	11g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	4g
Cholesterol	0mg
Sodium	3mg
Potassium	168mg
Vitamin A	5IU
Vitamin C	0mg
Calcium	14mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	1µg
Thiamine	0.1mg
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	15µg

Directions

1   Line a plate or baking sheet with parchment paper.

2   Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.

3   Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.

4   Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.

5   Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.

6   When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

Serving Size: One serving is equal to approximately 1/4 cup of bark.

More Flavor: Add sea salt or vanilla extract.

No Seeds: Use chopped nuts instead.

Vitamin B12	0μg
Phosphorous	168mg
Magnesium	69mg
Zinc	1mg
Selenium	4μg