

Chocolate Almond Bark

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Recipe type: Dessert
Servings: 6



Ingredients

- ¼ cup slivered almonds (or take regular raw almonds and crush them into small pieces)
- 4 TB coconut oil, melted
- 3 tsp unsweetened cocoa powder
- Pinch of salt
- ½ tsp vanilla extract
- 1 tsp sugar (or can use coconut sugar or 1-2 pinches of stevia extract powder)

Instructions

1. Roast slivered almonds on a parchment paper-lined or lightly greased cookie sheet at 300° F for 10 minutes. You don't have to do this step, but it makes the almond pieces crunchy and delicious in the chocolate bark!
2. While the almonds roast, add in all other ingredients to a small mixing bowl.
3. Let almonds cool for about 5 minutes. Then combine them into the mixing bowl.
4. Take a medium size freezer-safe container with a flat bottom and pour the chocolate mixture into it.
5. Freeze for about 30 minutes. Remove container and break the chocolate bark into pieces. Enjoy right away or store in the freezer.

Variations: Try any other type of nuts/seeds!

Nutrition Info Per Serving:

Calories: 118 Total Fat: 11.8g Carbs: 1.7g Protein: 1.2g