

Pumpkin Seed & Goji Berry Dark Chocolate Bark

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes + 15 minutes chill time

Servings: About 10-12

Ingredients:

- 1 cup dark chocolate chips or 1 (8-ounce) dark chocolate bar (70% or higher)
or vegan chocolate chips/carob chips
- 3 tablespoons raw pumpkin seeds
- 3 tablespoons go-ji berries
- ¼ -½ teaspoon coarse sea salt (optional – for a salty-sweet taste)

Directions:

1. If you are using a chocolate bar, chop it into coarse pieces before you begin.
2. Line a baking sheet with a silicone mat or parchment paper and set aside.
3. Place chocolate chips or chopped chocolate bar into a microwave bowl and microwave for 30 seconds.
4. Remove from the bowl from the microwave, stir well, then place back into microwave for an additional 30 seconds.
5. Remove again, stir well and if there are still chunks, continue to microwave in 30 second increments. Stir each time because sometimes, just by stirring the chunks will suddenly melt. **TIP:** This is a simple method for tempering chocolate. You do not want to overheat it in the microwave though, so be sure to stir each time.
6. Pour melted chocolate onto parchment paper or silicone mat and use a spatula to spread it out into a thin layer, about 1/8 inch thick. It can be a huge circle, a square shape or any shape really – totally up to you. The melted chocolate will not cover the entire pan, so don't worry about that.
7. Evenly sprinkle chocolate with pumpkin seeds and goji berries. Add salt if desired.
8. Place in fridge to harden for 15-20 minutes.
9. Once completely hardened, take a chef knife to chop large pieces of “dark chocolate bark”.
10. Store at room temperature and enjoy!

Tips and Tricks:

Feel free to change up the ingredients. Instead of using pumpkin seeds and goji berries, try coconut, chopped almond, raisins, chopped macadamia nuts...or whatever sounds good to you.

Nutritional Information Per Serving:

Calories: 100.5
Fat: 14.2 g
Cholesterol: 0.0 mg
Sodium: 0.6 mg
Total Carbohydrate: 18.4 g
Dietary Fiber: 3.6 g
Sugars: 10.2 g
Protein: 3.3 g