



RELISH HEALTH

Dark Chocolate Brain Bark

Dark chocolate contains anti-oxidants that have been demonstrated to boost mood, improve brain blood flow and improve memory. Impressive for such a decadent treat. Paired with fruit and nuts as in this recipe, the bark becomes an even richer source of key minerals that support brain function.

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Yields: about 18 bite size pieces

Time: 10 minutes plus time to cool

Ingredients:

1 3 oz bar dark chocolate (70% or higher cocoa), broken into pieces

½ teaspoon coconut oil

2 Tablespoons assorted dried or dehydrated fruit

1-3 Tablespoon toasted nuts and seeds

Assorted garnish like hemp seeds, flaky sea salt or dried edible flours

Directions:

- Line a baking sheet with parchment paper and set aside.
- In a double boiler gently heat half of the chocolate until most of the chocolate is melted. Being careful to not get any steam or water into the chocolate, pull the chocolate off the heat and add the remaining chocolate pieces and coconut oil. Continue to stir gently until the chocolate is smooth.
- Add half of the dried fruit, nuts and seeds to the chocolate mixture.
- Spread the chocolate mixture onto the lined baking sheet. The mixture should be fairly thin and measure about 8 x 4 inches.
- Scatter the remaining fruits, nuts and seeds on the warm chocolate and garnish as desired.
- Allow the bark to completely cool on the counter or the refrigerator. Slice into approximately 18 pieces and enjoy.

Note: Great flavor combinations include:

- Cherry, roasted almond, sea salt
- Dried blueberries, toasted walnuts and hemp seeds
- Dehydrated orange, pistachio and dried rose

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