

# LOVE THY CARROT

*real food made with love*

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## DARK CHOCOLATE BARK – DELICIOUS MEETS HEALTHY THIS HOLIDAYS

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S E R V E S 6 – 8

This recipe is sweetened with maple syrup and is vegan, paleo-friendly and dairy free.

### I N G R E D I E N T S

1/4 cup cacao butter  
1/2 cup coconut oil  
3/4 cup cacao powder  
1/2 cup maple syrup  
1 tsp vanilla extract  
1 tsp cinnamon  
2 tbsp goji berries  
1/4 cup cacao nibs  
1/4 cup coconut chips  
2 tbsp currants  
1/3 cup cashews or your favourite nuts  
pinch of salt

### D I R E C T I O N S

1. Line a 9 x 13 pan with parchment paper and set aside.
2. Melt the cacao butter and coconut oil together in a bowl over a pot of hot water.
3. Add the cacao powder, maple syrup, vanilla, cinnamon and salt to the oils and mix until very smooth.
4. Pour the chocolate mixture into the parchment lined pan and sprinkle with the goji berries, cacao nibs, coconut, currants and cashews.
5. Place in the fridge or freezer for 30 minutes until hard.
6. I like to break it up with my hands into pieces.
7. Store in the fridge or freezer in an airtight container.

### C O O K S N O T E S

Because the chocolate bark is made with coconut oil and coconut butter this chocolate melts very easily so it's better to keep it in the refrigerator or freezer until serving. The 9 x 13 pan makes for a very thin bark, if you like it thicker use a smaller pan.