

DARK CHOCOLATE BARK WITH FALL FRUIT AND PEPITAS

Gluten Free, Low Carb / Diabetes Friendly, Lower Sodium, Vegetarian

Serves: Serves 18 (Serving Size = 1 piece)

Nutrition (per serving)

Calories: 130

Total Fat: 10 g

Saturated Fat: 5 g

Sodium: 10 mg

Total Carbohydrate: 15 g

Dietary Fiber: 1 g

Total Sugars: 10 g

Added Sugars: 6 g

Protein: 2 g

PREP TIME: 20 min

COOK TIME: 10 min

TOTAL TIME: 30 min



Ingredients

- Two 6-ounce bags of dark chocolate chips
- 1/3 cup quartered dried figs
- 1/3 cup chopped dried pitted dates
- ¼ cup dried cranberries
- ¼ cup salted, roasted pepitas



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Directions

1. Line a baking sheet with parchment or wax paper and set to the side. Then, create a double boiler by adding a few inches of water to a medium sized saucepan with a glass bowl that fits snugly on top.
2. Add dark chocolate chips to the glass bowl and melt over medium high heat, stirring often.
3. Pour the melted chocolate onto the prepared baking sheet. Using a rubber spatula, spread the chocolate evenly throughout the pan.
4. While the chocolate is still melted, top with the figs, dates, cranberries, and pepitas then gently push the toppings into the chocolate.
5. Place in the freezer for 20 minutes then break into 18 pieces and enjoy!