

# superfood chocolate bark

This is an incredibly simple and flexible recipe – you can switch up the toppings based on what appeals to you. It makes a really great gift for your Valentine or anyone who you'd like to surprise with a sweet treat.

Including nuts and seeds with chocolate provides protein to help steady sugar release. Dried blueberries are rich in antioxidants (goji berries work well too.) Choosing dark chocolate as a base helps you to reduce the sugar and increase the antioxidants. To make this Nutrifit-approved, you would skip the white chocolate (which is higher in sugar and contains dairy) but it does add a fun touch for those that are ok with those things occasionally!

If you are making this for someone with a dairy allergy, make sure you choose dark chocolate that is either labelled vegan or is free from derivatives such as butter oil, lactose or milk powder. Note that cacao butter is not a dairy product so that's ok. If you can find a vegan white chocolate, then you could include that. Either way, enjoy!

## INGREDIENTS

- |                                      |   |
|--------------------------------------|---|
| 200 g (7oz) dark chocolate chopped   | Handful pistachios (shelled, roughly chopped) |
| 50 g (3.5oz) white chocolate chopped | Handful pumpkin seeds                         |
| 1 tsp matcha powder                  | 1 tbsp Let's Do Organic flaked coconut        |
| Handful dried blueberries            |   |

## METHOD

Line a baking sheet with baking parchment.

Prepare the pistachios – shell them, and chop roughly (half-sized pieces will do) making sure you remove the spare skins and dust!

Melt the dark chocolate in short bursts in the microwave; don't let the chocolate get too hot.

Melt the white chocolate in the same way and then stir in the matcha powder. If the chocolate becomes too thick, give it a couple of seconds in the microwave to re-melt it.

Pour the dark chocolate onto the baking sheet and use a spatula to spread it into a rectangular shape. Drizzle half of the matcha chocolate over the dark chocolate.

Scatter over the dried blueberries, pistachios, pumpkin seeds and coconut. Then drizzle over the remaining matcha chocolate. Set for 20 minutes in the fridge until the chocolate has set. Then use a sharp knife to chop the slab into rough pieces.

Store in the fridge in an airtight container.

 Nutrifit approved recipe



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RECIPE OF THE MONTH

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gluten-free

antioxidant-rich

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