



Superfood Dark Chocolate Bark with Pumpkin Seeds

Active Time: 10 minutes | Total Time: 1 hour | Serves: 12

Nutrition Information Per Serving

122.4 calories, 11.62 g carbohydrate, 2.88 g fiber, 8.74 g NET carbs, 2.65 g protein, 10.46 g fat

Ingredients

- 16 Tbsp(s) Enjoy Life Dark Chocolate Morsels
- 1/2 tsp(s) sea salt
- 1/2 cup(s) dry roasted, lightly salted pumpkin seeds

Preparation

1. Line a baking sheet with parchment paper.
2. Chop chocolate into small pieces. In a double boiler set over medium heat, melt 3/4 of the chocolate, stirring occasionally.
3. Once chocolate is melted, remove from the heat and add remaining chocolate, stirring until melted. Pour in 1/2 cup of the pumpkin seeds.
4. Pour the mixture out onto the parchment, spreading evenly to desired thickness. Sprinkle remaining 2 tablespoons pumpkin seeds over the top of the chocolate.
5. Let bark cool slightly to set up, then sprinkle with sea salt evenly over the top.
6. Transfer to refrigerator and chill until firm, about 40 minutes.
7. Break into pieces and enjoy. Store in an airtight container in the refrigerator.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.