



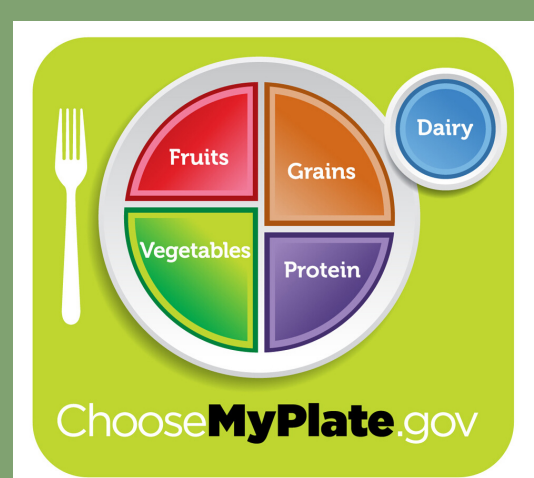
## Healthy Chocolate Bark

### Ingredients

- 12 ounces dark chocolate chips
- 1/2 cup dried fruit of your choice
- 1/3 cup nuts of your choice
- 1/4 cup seeds of your choice

### Directions

1. Roughly chop the dried fruit and nuts.
2. In a microwave safe bowl, melt the chocolate chips for 30 seconds at a time until smooth. Stir with a spatula in between each time.
3. Add most of the dried fruit, nuts and seeds to the chocolate and stir. Leave just enough to sprinkle on top for decor.
4. Line a cookie sheet with parchment paper. Using a spatula spread the chocolate mixture until it is about 1/4 inch thick.
5. Sprinkle the remaining dried fruit, nuts and seeds over the top.
6. Refrigerate for 15 minutes or until the chocolate has hardened.
7. Cut into pieces and serve!



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recipe was adapted from [acouplecooks.com](http://acouplecooks.com)**

