



Dark Chocolate Bark

12 Servings • 1 Serving = 1 Ounce

Tips on Oranges



How To Store

Store at room temperature or in the refrigerator.



How To Use

Add into salads and marinades or juice for a citrus infused water.



Health Benefits

Vision, immunity & heart health, lowers the risk of some cancers.

INGREDIENTS

- 8 ounce 70-80% dark chocolate, chopped
- ½ cup pistachios, divided
- Optional: zest of 1 small orange
- ¼ cup dried figs
- ½ teaspoon fresh rosemary
- ¼ teaspoon ground cinnamon

DIRECTIONS

- Add water to a 2-quart saucepan and bring to a boil. Reduce heat to a simmer and cover with a heat-proof bowl. The bowl should sit snugly in the pan but should not touch the water. Line a baking sheet and allow to melt slowly.
- Add the chocolate and allow to melt slowly.
- Place the zest of the orange onto a paper towel to absorb any excess moisture.
- Once the chocolate is melted, whisk with a spatula until all the pieces are completely smooth. Stir in half of the pistachios, orange zest, chopped figs and the cinnamon. Stir to combine, and then pour onto the lined baking sheet, smoothing out and spreading the mixture with a spatula. Sprinkle the remaining pistachios, orange zest, and dried figs on top.
- Freeze for 30 minutes or until chocolate is completely set.
- Break into pieces and store in an airtight container in the refrigerator.

Nutrition Facts	
12 servings per container	
Serving size	1 ounce (28g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 1mg	6%
Potassium 155mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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