

CHOCOLATE BARK



QUICK

Less than 10
mins prep

HEALTHY

Dark Chocolate contains
iron, copper and
manganese

FAMILY

Makes about 30
shards

MEALS

Enjoy at the end
of a meal with
fresh mint tea

INGREDIENTS

- 150g dark chocolate
- 3 small handfuls TOTAL of your choice of toppings:-
- Popcorn
 - Nuts – roughly chopped
 - Seeds
 - Freeze dried raspberry
 - Raisins
 - Dried cranberries
 - Crushed raspberries
 - Mint leaves
 - Salt
 - Crushed Chilli
 - Anything else you can think of that works and you like! Use a mixture

METHOD

- 1) Melt the chocolate in a bowl – takes me 2 minutes in the microwave
- 2) Prepare a large tray with greaseproof paper
- 3) Pour the melted chocolate onto the greaseproof paper and smooth out to about 3 mm
- 4) Sprinkle your toppings on top
- 5) Pop in to the fridge/freezer to set
- 6) When hard - break up into shards
- 7) Serve



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To watch a video showing how this is made or to explore more
Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com