

Chocolate Bark

Makes 35 Servings – Serving Size: ½ ounce

Ingredients:

10 ounces Dark Chocolate - 70% Cocoa Bittersweet Chocolate

½ cup Toasted Walnut Pieces

½ cup Toasted Pecan Pieces

½ cup Toasted Almond Slices

Procedure:

Place chocolate in bowl over a double boiler, heating on a low flame while stirring until chocolate is $\frac{3}{4}$ melted, remove from heat and stir until smooth. Then mix in the toasted nuts. Spread mixture on a parchment paper lined sheet pan – chill until set about 30 minutes. Break into pieces and serve.

Nutritional Information per Serving:

Calories: 70

Sodium: 15mg

Sugars: 4g

Cholesterol: 0mg

Saturated Fat: 2g

Fiber: 1g

Protein: 1g

Carbohydrate: 5g