



Fruity Chocolate Almond Bark

Makes 12 - 16 servings

Dark Chocolate is high in antioxidants and can be lower in sugar than other treats. Add in a handful of nuts and some dried fruit and this will satisfy any snacking cravings you may have. Just remember, centenarians interviewed in the Blue Zones project view sweets as celebratory foods. They are conscious about their decisions to indulge in sugar and eat it in moderation.

Ingredients:

- 1 cup toasted almonds, walnuts or pecans, coarsely chopped
- 1/2 cup dried cherries or chopped dried fruit, coarsely chopped
- 6 oz dark chocolate (60% - 70%, or higher), finely chopped
- 1/4 tsp cinnamon
- 1/2 tsp espresso powder, optional

Directions:

1. In a medium bowl, toss together the almonds and the dried fruit. Line a baking sheet with waxed or parchment paper.
2. Melt the chocolate in the microwave on low power or until melted, but not thick. It may take from 1-2 minutes depending on the power of the microwave. Or use a double boiler to melt the chocolate. Stir in the fruit, nuts and cinnamon. Add espresso powder if desired.
3. Drop by teaspoonful for clusters, or pour onto parchment paper lined baking pan and spread evenly. Refrigerate until firm and store in air tight container in refrigerator.

Source: www.bluezones.com

Nutrition Facts

servings per container	
Serving size	(29g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 143mg	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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