

Recipe

DARK CHOCOLATE TRAIL MIX BARS



► ► Vegan, gluten-free, oil-free

Yield: 2 chocolate bars, 20 servings

Prep Time: 20 min

Cook Time: 10 min

Total Time: 30 min

INGREDIENTS: CHOCOLATE BAR

400 g dairy-free dark chocolate

1/3 cup (45 g) raw almonds, quartered*

3 Tbsp (20 g) dried cranberries, roughly chopped

2 Tbsp (30g) raw pumpkin seeds

INGREDIENTS: TOPPINGS

2 Tbsp unsweetened coconut flakes

2 tsp raw pumpkin seeds

2 tsp goji berries (or sub for more dried cranberries)

DIRECTIONS

1. Place a layer of wax or baking paper on the bottom of two 13x19 cm dishes (I used my IKEA glass food containers for this - feel free to use a food container with other dimensions). Roughly chop 200 g of chocolate and place in a clean and dry glass bowl. **Note:** be sure no water droplets come in contact with the chocolate.
2. Temper the chocolate by placing in the microwave for 10 seconds at a time, removing each time to stir well, and placing back in the microwave for another 10 seconds. Do this until the chocolate has just completely melted, about 40-60 seconds. **Note:** the heat from the sides of the glass bowl are often enough to continue melting the chocolate, so stir well each time you remove it from the microwave. Be cautious not to over-heat, as this can burn ("scorch") the chocolate. **Also note:** you can use the stove to melt the chocolate, but I prefer the microwave as it decreases the risk of scorching.
3. Pour half the melted chocolate into one glass dish, and the other half in the other glass dish, using the back of a clean, dry spoon or spatula to evenly distribute the chocolate into a thin layer on the wax paper. Place in the freezer to harden.
4. Roast the almonds in a small pan on medium-high heat, stirring frequently to avoid burning. Roast until lightly golden, about 5 minutes, then transfer to a bowl and set aside. **Note:** that the almond continue to roast even after removed from the heat, so don't over-cook.
5. Roast coconut flakes in a small pan on medium-high until lightly golden, about 2 minutes. Transfer to a bowl and set aside. **Note:** be cautious as this too can quickly burn, and the flakes continue to roast even after removed from the pan.

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DARK CHOCOLATE TRAIL MIX BARS CONT'D



6. Remove the chocolate from the freezer and equally distribute the roasted almonds, dried cranberries, and pumpkin seeds on top of the chocolate layer.
7. Roughly chop and temper the remaining 200 g of chocolate in the microwave. When melted, drizzle the chocolate evenly ovetop of the trail mix. Using the back of a clean and dry spoon, gently distribute the chocolate evenly.
8. Sprinkle the top with the roasted coconut flakes, goji berries, and remaining pumpkin seeds. Place in the freezer for another 10 minutes to harden.
9. Remove from the freezer and store in an airtight container. Enjoy!

NOTES

1. ***Speed-it-up:** you can use pre-roasted almond to quicken this recipe, or roast in the oven if you prefer.
2. **Variations:** feel free to use other combinations of roasted nuts, dried fruit, or seeds.
3. **Storage:** in an airtight container.

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