

Chocolate Bark

This recipe is not only packed with antioxidants, but is outrageously decadent. A total hit!

- 3 tablespoons canola or walnut oil
- 6 tablespoons pure maple syrup
- 2 cups raw pecans
- ½ teaspoon sea salt
- ¼ teaspoon cayenne (less if you can't stand the heat)
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 3 cups dark chocolate (~70%)

Preheat oven to 400°F. In a large skillet, heat oil and maple syrup until bubbling. Add pecans and stir until they are well coated, then mix in salt and seasonings. Cook for 4 minutes, then remove pan from heat.

Place nuts on a parchment lined baking sheet. Place sheet in oven and roast for 4 minutes. Remove from oven and cool completely.

In a separate saucepan over very low heat, melt chocolate, stirring often. Pour chocolate into a parchment lined 13 x 9 glass dish or onto a larger baking sheet (depending on whether you want the bark to be thicker or thinner). Break up the pecans and sprinkle over the chocolate. Using a spatula, spread the mixture evenly back and forth.

Allow to sit out until set, 1-2 hours. Break apart into chunks.