

Heart Health Workshop Recipes

Dark Chocolate Bark with Roasted Almonds and Seeds

1 pound dark chocolate (60%-70% cacao)

1 ¼ cups roasted whole almonds

¾ cups salted roasted pumpkin and sunflower seeds

1. Line a baking sheet with parchment paper. Using a sharp knife, finely chop the chocolate. In a bowl set over a saucepan of gently simmering water, heat the chopped chocolate, stirring occasionally, until it is about two-thirds melted; do not let the bowl touch the water. Remove the bowl from the saucepan and stir the chocolate until it is completely melted and the temperature registers 90° on a candy thermometer. If the chocolate has not melted completely and is still too cool, set it over the saucepan for 1 or 2 minutes longer, stirring constantly; do not overheat.
2. Stir the almonds and seeds into the chocolate and spread onto the prepared baking sheet in a ½ inch-thick layer, making sure the nuts and seeds are completely covered in chocolate. Refrigerate the bark for about 10 minutes, until hardened. Invert the bark onto a work surface. Remove the parchment paper, break into 25 pieces and store or serve.

Make ahead The bark can be stored in an airtight bag or container at cool room temperature for up to 10 days. **Notes** One serving 150 cal, 12 gm fat, 4.7 gm sat fat, 12 gm carb, 1.5 gm fiber, 3 gm protein.

Chocolate Orange Coconut Clusters

- 2 cups chocolate drops
- 1 teaspoon orange extract
- 1 cup almonds, toasted then coarsely chopped
- 1 cup unsweetened shredded coconut, toasted

1. In a medium saucepan, melt the chocolate over very low heat
2. Stir in the orange extract
3. Allow the nuts and coconut to cool, 10-15 minutes, then stir them into the melted chocolate
4. Drop by heaping tablespoonful onto a parchment paper lined baking sheet
5. Allow to cool
6. If need be (as in it's too hot in your kitchen for these to set) transfer clusters to a plate and cool in freezer
7. Serve