

Dark chocolate dessert bar

SERVINGS: 2

PREP TIME: 3 minutes

COOK TIME: 2 minutes

INGREDIENTS

- 1 oz high-quality dark chocolate
- 1 Tbsp dried cranberries or dried strawberries
- 1 Tbsp crushed peanuts or chopped almonds



PREPARATION

Place a sheet of parchment paper over a dinner plate and set aside.

Melt dark chocolate in the microwave for about 1 minute. Stir and microwave for another 20-30 seconds if necessary.

Using the back of a spoon, spread the melted chocolate on the parchment-lined plate. Add topping combination, sprinkling on top of chocolate. Lightly press into a formed bar. Place in the refrigerator for 5 minutes or until hardened. Break in half for 2 servings.

NUTRITION INFORMATION (PER SERVING: ½ BAR)

Calories: 68	Cholesterol: 0 mg	Sugars: 3 g
Total fat: 5 g	Total carbs: 7 g	Protein: 2 g
Saturated fat: 2 g	Fiber: 2 g	Potassium: 117 mg
Sodium: 0 mg		