



## Superfood Christmas Bark

**Prep: 20 minutes plus chilling**

**Serves: 10**

- ¼ cup chopped unsalted pistachios
- ¼ cup pecan pieces
- ¼ cup sliced raw almonds
- 1 package (12 ounces) dark chocolate morsels
- 3 tablespoons dried blueberries
- 3 tablespoons dried cranberries
- 2 teaspoons chia seeds
- ½ teaspoon coarse sea salt

1. In large skillet, toast pistachios, pecans and almonds over medium-high heat 4 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.

2. Line 13 x 9-inch baking dish with nonstick aluminum foil with foil extending 2 inches over opposite sides of pan.

3. In small saucepot, heat chocolate over low heat 5 minutes or until most chips are melted, stirring frequently with rubber spatula; remove from heat and stir until all chips are melted.

4. Pour melted chocolate over foil in prepared pan; evenly spread with rubber spatula. Sprinkle chocolate with blueberries, cranberries, chia seeds, salt and nut mixture. Tap pan on work surface to remove any air bubbles. Refrigerate 45 minutes. Use foil to lift bark from pan; peel off foil and break into large pieces. Store bark in airtight container in refrigerator for up to 2 weeks.

*Approximate nutritional values per serving:*

*265 Calories, 17g Fat (8g Saturated), 0mg Cholesterol, 103mg Sodium, 26g Carbohydrates, 1g Fiber, 19g Sugars, 16g Added Sugars, 4g Protein*

### **Chef Tip**

*Place a few pieces of bark in a decorative gift box. Keep bark refrigerated until ready to serve.*

### **Dietitian's Dish**

> Edible gifts don't have to be filled with added sugar and empty calories. Nuts, dried fruits, and seeds are packed with flavor and nutrients to fuel through the holidays and a healthier new year!