

Recipe

Dark chocolate dessert bar

Choose your toppings to satisfy your taste buds. Store half the bar or share it.

Makes 2 servings | Prep: 3 minutes | Cook: 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 the formed bar. Place in the refrigerator for 5 minutes or until hardened. Break in half for 2 servings.

Nutrition information per serving | Serving size: 1/2 bar



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

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