UCI Susan Samueli Integrative Health Institute



From the Kitchen of Executive Chef Jessica VanRoo

Dark Chocolate Blueberry Bark

Makes a 9" x 13" sheet pan

<u>Ingredients</u>

2 cups dark chocolate chips
1/2 cup dried or freeze-dried blueberries
1 tablespoon chia seeds
2 tablespoons pumpkin seeds
1/4 cup sliced almonds
1/2 tsp. flaked sea salt (optional)

- 1. Line your baking sheet with parchment paper, and set it aside.
- 2. Melt your chocolate on a double boiler or in the microwave in 45second intervals
- 3. Spread the chocolate over the parchment paper. It should fill the whole 9" x 13" pan. If you use something larger, spread the chocolate to ¼" thick. Top the spread chocolate with blueberries, chia seeds, pumpkin seeds, almonds and sea salt.
- 4. Allow the chocolate to firm up at room temperature, or you can refrigerate it for about 30 minutes.
- 5. Break bark into desired size pieces, or cut with a knife.