



From the Kitchen of Executive Chef Jessica VanRoo

Ancho Chili-Cinnamon Chocolate Bark

Serves 8-10

492 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

This tasty dessert is both sweet and tart, satisfying all your taste buds. The ancho chili powder gives it a unique kick. In addition, ancho chilies have capsaicin, which has anti-inflammatory properties that can benefit people with arthritis or diabetic neuropathy. The variety of nuts in this recipe also make it a dessert that is rich in protein and monounsaturated fats, which are better for heart health. Sweetest of all is the dark chocolate, which is also rich in antioxidants.

Total cost: \$8.26/\$1.03 per serving

Ingredients

- 1 tablespoon ancho chili powder
- ¼ teaspoon ground fennel
- ½ teaspoon ground cloves
- 1 teaspoon ground cinnamon
- ⅔ cup almonds, chopped
- ⅓ cup cashews, chopped
- ⅓ cup pistachio meat, chopped
- ½ cup dried dark cherries or cranberries
- 12 ounces dark, bittersweet chocolate, cut into pieces
- 2 tablespoons coconut oil
- ½ teaspoon sea salt

Instructions

1. Mix chili powder, fennel, cloves and cinnamon in a small bowl.
2. Preheat oven to 350 degrees and line a 13-inch by 9 1/2-inch baking sheet with parchment paper.
3. Scatter nuts over the parchment paper and toast for 5-8 minutes, checking at 4 minutes to stir the nuts.
4. Melt chocolate with coconut oil in a double boiler and mix well.
5. Remove nuts from the oven, reserving 1/3 of toasted nuts in a separate bowl.
6. Scatter dark cherries around nuts on baking sheet, then pour melted chocolate on top.
7. Scatter the remaining nuts on top of the chocolate, then sprinkle sea salt on the chocolate.
8. Refrigerate bark for 45 minutes or until set, then break into pieces and serve.