



**From the Kitchen
of
Executive Chef
Jessica VanRoo**



Dark Chocolate Blueberry Bark

Makes about 12 bars

230 calories

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

Surprised to find dark chocolate among these recipes? Turns out it is rich in magnesium, a mineral that helps the body and brain relax and regulate melatonin. It's also naturally high in tryptophan.

Blueberries are beneficial because they are loaded with antioxidants that protect us from stress caused by sleep disorders and help support brain health and memory. In addition, the flavonoids found in both dark chocolate and blueberries improve blood flow to the brain. Moreover, blueberries contain polyphenols and anthocyanins that help support memory.

Be careful not to consume dark chocolate too close to bedtime, though, because it also contains caffeine, which can counteract its beneficial sleep properties.

Total cost: \$6.31/\$0.53 per bar



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Ingredients

- 2 cups dark chocolate chips
- ½ cup fresh or freeze-dried blueberries
- 1 tablespoon chia seeds
- 2 tablespoons pumpkin seeds
- ¼ cup sliced almonds
- ½ teaspoon flaked sea salt

Instructions

1. Line a 9-inch x 13-inch baking pan or sheet with parchment paper and set aside.
2. Melt chocolate in microwave, heating at 30 to 45-second intervals until melted (or use double boiler on stovetop).
3. Spread melted chocolate over parchment paper, filling pan. (If using a larger sheet, chocolate should be about ½ inch thick)
4. Layer blueberries atop the chocolate.
5. Sprinkle chia and pumpkin seeds, almonds, then top with sea salt.
6. Allow chocolate to firm up at room temperature or refrigerate about 30 minutes.
7. Break bark into pieces or cut with a knife.
8. Serve or refrigerate until you are ready to enjoy! (Chilled bark keeps up to a week.)