

Eat Pretty Recipe

## TREAT YOURSELF

## SALTED SUPERFOOD CHOCOLATE BARK

*It's not just a rumor: chocolate can most definitely be a beauty food! This rich chocolate bark supports skin with a concentrated dose of antioxidants, plus omega-3s and beauty minerals like magnesium and zinc. Make it as decadent as you wish with your choice of raw nuts, seeds, and ground spices, which only add to the beauty benefits.*

MAKES A 12-BY-12-IN [30-BY-30-CM] BARK

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<b>¼ cup [165 g] coconut butter</b>	<b>5 to 6 drops liquid stevia</b>
<b>½ cup [110 g] coconut oil</b>	<b>Unrefined salt (fine and coarse, for sprinkling)</b>
<b>½ cup [37 g] raw cacao powder or cocoa powder</b>	<b>¼ to ½ cup [30 to 40 g] raw walnuts, roughly chopped</b>
<b>2 Tbsp maple syrup</b>	

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In a double boiler, melt the coconut butter and coconut oil. You can achieve this without a double boiler by partially submerging a heat-proof bowl in a pan full of hot water on your stovetop, stirring until the coconut butter and oil are fully melted. Remove from the heat and stir in the raw cacao, maple syrup, stevia, and a pinch of fine salt. On a parchment-lined baking sheet, spread the melted mixture to desired thickness and top with a sprinkling of coarse salt, walnuts, and any other desired add-ins. Be sure to press the nuts into the mixture. Transfer to the freezer for 30 minutes or until solid. Break apart into chunks and serve straight from the freezer.