

# Superfood Chocolate Bark

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1/3 cup coconut oil (measured when solid but soft)
- 3/4 cup raw cacao powder
- 1/4 cup maple syrup
- 1/4 cup hemp hearts
- 3 tbsp goji berries
- 3 tbsp pumpkin seeds
- Optional: 2 tbsp Bee pollen

## Instructions:

1. In a small saucepan over low heat, melt coconut oil. Slowly stir in cacao powder and maple syrup. When fully combined, remove from heat.
2. Line a cookie sheet with parchment paper. Pour chocolate bark mixture on to parchment paper.
3. Sprinkle with hemp hearts, goji berries and pumpkin seeds. Freeze for a few hours. Break into pieces and enjoy!
4. Keep fresh in freezer. It will melt when left out of the freezer so it's best served fresh from the freezer.