

# CHOCOLATE BARK

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## INGREDIENTS

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1/2 cup coconut oil	stevia to taste
1/2 cup unsweetened cocoa powder	sea salt / Himalayan salt

## PROCEDURE

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Melt coconut oil in pan and stir in cocoa powder.

Pour onto a parchment paper line cookie sheet.

Sprinkle with sea salt over the top.

Put in freezer for about 4 hours, until solid.

The size of the pan determines how thick you want your bark.

8x8 pan bark is thicker - 9x13 bark is thinner

Optional ingredients that could be added:

unsweetened coconut, nuts, berries, raisins, bacon,  
peanut butter, almond butter, cinnamon, ginger, mint, vanilla.