

## **Chocolate Bark with Cashews, Pecans and Dried Cranberries**

7 ounces (approximately 1 1/4 cup) (200 grams) of dark good quality chocolate (60%)- of which you set aside 40 grams (1.5 ounces or about 1/3 cup)

1/4 teaspoon coconut oil

1/3 cup (40 grams ) cranberries or raisins

1/3 cup (40 grams) salted, roasted pecans

1/3 cup (40 grams) salted, roasted cashews

Directions:

Prepare a 9 x 13 (23 x 33 cm) pan by lining with parchment paper. Set aside.

Take 160 grams of the chocolate (1 cup minus a tablespoon or so) and place in a microwaveable bowl (I used glass). Zap in microwave at full power for 30 seconds. Remove from microwave and stir with a wooden spoon even if it doesn't look melty. It will break down somewhat. Back it goes for 15 second intervals and remove and stir till you see it's melty with a few bits in it. Stir and while still hot, add the remaining chocolate and stir like a fiend till smooth and melted, if the last bit doesn't fully get smooth, zap for no more than another 8 seconds, add coconut oil and stir. Immediately pour and scrape all the chocolate into the prepared pan, smoothing out till a thinnish layer of chocolate coats the bottom of the pan. Take your cashews, pecans and dried cranberries and sprinkle with abandon over chocolate making sure the nuts and cranberries are touching the surface of the chocolate. Now wait patiently for about 20-30 minutes or so till the chocolate sets and hardens. Preferably don't put in the fridge since it will dull the shine of the chocolate. If really desperate pop in fridge for 15 minutes. When cold and set, break into pieces as you like in size.