

Coconut Cacao Bark

- 1 c raw [cacao](#) powder
- 3/4 c raw [coconut oil](#)
- 1/4 c [coconut nectar](#) or maple syrup (less for more bitter tasting chocolate)
- 1/4 c each [goji berries](#) and pumpkin seeds
- pinch of salt

Line a baking sheet with parchment paper.

Fill a bowl with hot water. Place the jar of coconut oil on its side in the water until the oil turns liquid.

Combine cacao powder and salt in a bowl. Add melted coconut oil and stir well, then add coconut nectar and stir well.

Pour chocolate mixture onto baking sheet. Tip the pan to make the chocolate spread to the thickness you desire. Sprinkle on nuts and dried berries. Set in freezer for 1 hour or in fridge until firm. Break or cut into pieces. Store in freezer or fridge.

Jittery Cook