Dark chocolate quinoa bark

UCI Health



Ingredients

- 1/2 cup honey
- 2 tablespoons coconut oil
- 2 teaspoons vanilla

Sea salt

- 1 cup uncooked quinoa
- 1/3 cup pistachios
- 1/3 cup almonds
- 1/3 cup dried cranberries
- 12 ounces dark chocolate
- Coconut (for topping)

Nutritional Information

353 calories16.4 g fat46.7 g carbohydrates6.1 g protein3.1 g fiber

Instructions

Preheat oven to 350 degrees

Melt honey and coconut oil over medium-low heat and stir continuously for two minutes. Stir in vanilla and a pinch of sea salt.

In a large mixing bowl, combine the quinoa, pistachios and almonds. Add honey and coconut mixture to the bowl. Toss together until everything is evenly coated.

Put mixture in a 9 x13-inch baking pan and bake for 25 minutes, until quinoa is brown and crisp.

While bark is cooking, put chocolate in a glass bowl. Fill a saucepan with water and bring to a simmer, then place the bowl on top of the saucepan, ensuring that the bowl is not touching the water.

Stir chocolate until completely melted and smooth. Pour the chocolate over the quinoa in an even layer.

Sprinkle with desired toppings. Place sheet in freezer for 15 minutes, or until chocolate is set.

Place pan in freezer for 15 minutes until chocolate is set. Break into pieces and serve.