



Dark Chocolate Hazelnut Bark

12 Servings • 1 Serving = 1 Ounce

Tips on Cinnamon



How To Store

Store cinnamon in an airtight container in a cool dark place.



How To Use

Can be used for baking, cooking & can add flavor to drinks & smoothies.



Health Benefits

Helps prevent heart disease, lowers blood sugar & promotes brain health.

INGREDIENTS

- 8 ounces 70-80% dark chocolate, chopped
- ½ cup hazelnuts, divided
- Optional: zest of 1 small orange
- ¼ cup dried apricots, chopped and divided
- ¼ teaspoon ground cinnamon

DIRECTIONS

- Add water to a 2-quart saucepan and bring to a boil. Reduce heat to a simmer and cover with a heat-proof bowl. The bowl should sit snugly in the pan but should not touch the water.
- Add the chocolate and allow to melt slowly.
- Place the zest of the orange onto a paper towel to absorb any excess moisture.
- Once the chocolate is melted, stir in half of the hazelnuts, orange zest, half of the apricots and cinnamon. Stir to combine and pour the mixture onto a baking sheet lined with wax paper. Smooth out and spread the mixture with a spatula.
- Sprinkle remaining hazelnuts and apricots on top of the mixture.
- Freeze for a ½ hour or until completely set.
- Break into pieces and store in an airtight container in the refrigerator.

Nutrition Facts	
12 servings per container	
Serving size	1 ounce (28g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2mg	10%
Potassium 151mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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