



Debbie Romano

708-267-1413

eMail: FHHHealthyHeartbeats@gmail.com

POMEGRANATE BARK

12 oz. Dark Chocolate **non-dairy** chocolate chips (at least 60% cacao)

¼ cup Coconut Oil

¼ 100% Organic Pure Maple Syrup

2 cups Organic Pomegranate Seeds

Instructions

Stir the chocolate chips and coconut oil in a saucepan over low heat until the mixture is melted and combined. Add the maple syrup. Spread an even layer of melted chocolate on a baking tray lined with parchment paper. Press the pomegranate seeds firmly into the chocolate layer. Place in the freezer and allow to set for at least an hour. Break apart and enjoy! Put any leftovers back in the freezer.

ENJOY AND FEEL THE HEALTH!!!