

## Cashew and 3-Seed Chocolate Bark

### Ingredients

1 cup chopped bittersweet or semisweet chocolate (or chips)  
1/2 cup coarsely chopped cashews, lightly toasted (see Tip)  
1/4 cup sunflower seeds, lightly toasted  
1 tablespoon sesame seeds, lightly toasted  
1 teaspoon aniseed, lightly toasted  
1/4 teaspoon coarse salt

### Preparation

Line a rimmed baking sheet with foil. (Take care to avoid wrinkles.)

Place chocolate in a medium microwave-safe bowl; microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. (Alternatively, place in the top of a double boiler over hot, but not boiling, water. Stir until melted.)

Combine cashews, sunflower seeds, sesame seeds, aniseed and salt in a small bowl. Stir half of the mixture into the melted chocolate. Scrape the chocolate onto the foil and spread it into a 9-inch square. Sprinkle with the remaining cashew mixture, pressing any large bits in. Refrigerate until set, about 30 minutes.

Transfer the bark and foil to a cutting board. Use a sharp knife to cut into 1 1/2-inch pieces.



### Tips & Notes

**Make Ahead Tip:** Refrigerate airtight for up to 2 weeks.

**Tip:** To lightly toast chopped nuts and seeds, heat in small dry skillet over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes.

### Nutrition

**Per piece:** 59 calories; 4 g fat (2 g sat, 1 g mono); 0 mg cholesterol; 7 g carbohydrates; 3 g added sugars; 1 g protein; 1 g fiber; 14 mg sodium; 20 mg potassium.

**Carbohydrate Servings:** 3

**Exchanges:** 1/2 other carbohydrate, 1/2 fat