GLOBAL · DESSERT · SNACK

Dark Chocolate Bark with Roasted Almonds and Peanuts

50 min · Serves 11 · 218 kcal a serve · Video 4:14 · How To Cook Smarter

Vegan · Gluten-free ingredients

Dark chocolate (70–85%) bulked out with roasted nuts: only about 6 g of sugar a serve, a good source of vitamin E and a source of fibre, magnesium and iron.

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Ingredients 5 · SERVES 11

- [ ] 100 g **almonds**
- [ ] 100 g **raw peanuts**
- [ ] 1 tbsp **maple syrup**
- [ ] a pinch of **sea salt**
- [ ] 200 g **dark chocolate**, 70–85% cocoa

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Peanut, Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Toss the almonds and peanuts with the maple syrup, spread them in the air fryer basket (or on a baking tray), sprinkle with salt and roast for 10 minutes at 170 °C. Let them cool and crisp up. 1:20
2. Break the chocolate into pieces and melt it in the microwave on low, stirring every 30 seconds. Stop before it's fully melted and stir until smooth. 2:18
3. Keep a few nuts aside for the top and stir the rest into the chocolate until they're all coated. 2:42
4. Spread the mixture on a tray lined with baking paper, press the reserved nuts on top and freeze for 30 minutes (or chill longer in the fridge) until set. 3:00
5. Break or cut into bite-size pieces and keep in the fridge or freezer. 3:32

> **Tip** The cook gets about 22 pieces (107 kcal each); we count 2 pieces a serve (our estimate). She uses 85% chocolate; use at least 70%. Add 60 ml toasted oats and 60 ml raisins for energy bites.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 11 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
218 kcal	**5.7 g**	**13 g**	**3.9 g**	**17 g**	**20 mg**
910 kJ	11% of a day	9.1 g net · 6.3 g sugars	14% of a day	5.4 g saturated	1% of a day
		5% of a day		21% of a day	

Energy from net carbs 17% · protein 11% · fat 72% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin E 21%

Source of (10–19%) Magnesium 19% · Iron 16% · Zinc 11%

Recipe and video: How To Cook Smarter (@HowToCookSmarter) on YouTube — youtube.com/watch?v=qfPRrfmy6ZQ, published 29 June 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dark-chocolate-almond-peanut-bark