



Chocolate raspberry layered bark

This is so delicious, no sugar added and requires just a few ingredients which can easily be substituted if you don't have them on hand. It's the coconut and the chocolate which (I think) is non-negotiable - for structural integrity. The rest of it you can totally freestyle. Make mum's day. Makes 16 squares. Per square: Cal: 167; Fat: 15.5g; Pro: 3.9g; Carbs: 6.9g

Serves: 16, Prep time: 00:10, Cook time: 00:00

Instructions

Melt the coconut butter into a liquid, and put half in a blender with 1/2 of the raspberries. Blend until smooth.

Prepare a baking tray with baking paper (I used a larger loaf tin, actually).

Pour the plain coconut butter into the tray, and then pour the raspberry blended coconut butter, using a skewer or knife to swirl the two types around to create a nice pattern.

Sprinkle the remaining raspberries and the roast almonds on top in an even layer. Put in the fridge to set.

Break the chocolate up and melt in the microwave on medium for 2 min 30 (stirring half way through) or do this on stove top using a double boiler pan.

Melt the coconut oil also and whisk the coconut oil and chocolate together to blend.

Take coconut layer out of fridge and evenly spread the peanut butter/almond butter/whatever you have on hand on top of the coconut layer.

Pour the chocolate layer on top of the coconut and nut butter layers, lifting the dish up and around so it evenly coats the layer.

Pop back in the fridge for an hour or so until set. Cut into pieces. Keep in fridge to ensure it's structural integrity remains.

*Coconut butter: toast coconut threads/flakes/desiccated coconut until brown in oven, let it cool and then puree. 3 cups cococonut threads = 1 cup coconut butter

*I used freeze dried raspberries. Clearly fresh berries would be awesome if you have them. Thaw out frozen berries if you want to use them and drain off the juice a bit

*The Coffee and Maple Fix and Fogg is awesome! Highly recommend.

Ingredients

- 1 cups Coconut butter, *
- 1 cups Raspberries, freeze dried*
- 0.5 cups Almonds, dry roasted
- 100 grams Dark chocolate (i.e. 90% Lindt)
- 1 tablespoon Coconut oil
- 0.5 cups Peanut/almond butter, (I used Fix'n'Fogg Coffee Maple)