



Almond Espresso Bark

Forget the tin of cookies; this bark will truly bring holiday joy. Adding in the coffee serves to heighten the chocolate goodness. The bark can be made one week ahead of time if kept chilled.

12 oz (340 g) dark chocolate, chopped
1/2 cup (125 mL) +1 Tbsp (15 mL) unsalted almonds, chopped in half
1/2 cup (125 mL) +1 Tbsp (15 mL) dried cherries
1 Tbsp (15 mL) instant espresso powder or very finely ground coffee
1/2 tsp (2 mL) cinnamon
1/4 tsp (1 mL) coarse salt, such as fleur de sel

Line baking sheet with parchment paper. Melt dark chocolate in double boiler or heatproof bowl set over pan of lightly simmering water, stirring often.

Stir in 1/2 cup (125 mL) almonds, 1/2 cup (125 mL) cherries, espresso powder or ground coffee, and cinnamon. Spread chocolate mixture onto baking sheet. Sprinkle with remaining almonds, dried cherries, and salt. Chill in refrigerator until firm, about 30 minutes. Break into pieces of desired size.

Makes enough for 3 to 4 gifts.

Each 2 oz (56 g) serving contains: 209 calories; 3 g protein; 14 g total fat (7 g sat. fat, 0 g trans fat); 18 g total carbohydrates (10 g sugars, 4 g fibre); 55 mg sodium >>