

# Superfood Dark Chocolate Bark



Dark chocolate and superfoods are packed with nutrients and bioactive compounds that provide various health benefits. Dark chocolate is rich in antioxidants, and contains flavonoids, which help neutralize free radicals, reducing oxidative stress. It can improve blood flow, lower blood pressure, and enhance heart health due to its ability to improve vascular function. It's a mood booster! As it stimulates the production of endorphins and contains serotonin precursors, promoting feelings of happiness. Dark chocolate is also known to help brain function and can enhance cognitive performance by improving blood flow to the brain and providing neuroprotective effects. It's mineral-rich, Packed with magnesium, iron, copper, and manganese, essential for metabolic and cellular functions. Here is a super easy tasty treat to try, that has lots of benefits to it!

## What You Need :

- 2 cup dark chocolate chips
- 2 tsp mushroom powder
- 10 brazil nuts, chopped
- 4 tbsp goji berries
- 3 tbsp pumpkin seeds
- 1 tbsp hemp seeds
- 1 tbsp cacao nibs
- 1 tsp bee pollen

## How To Make :

1. Line a small baking sheet with parchment paper.
2. Melt the dark chocolate, in the microwave at 20 second intervals, stirring between, or on the stove, over low heat.
3. Once the chocolate is melted, mix in the mushroom powder.
4. Pour the chocolate on the lined baking sheet. Spread out to about ¼ inches thick.
5. Add the toppings, then place the bark in the fridge or freezer for 30 minutes to set.
6. When set, cut bark to desired pieces, and store in sealed container, room temp, or fridge