

## Anti-inflammatory Chocolate Bark

### INGREDIENTS

1 lbs dark chocolate (we used Trader Joe's Dark Chocolate Bar)  
1/2 cup slivered almonds  
1/2 cup chopped pecans  
1/2 cup unsweetened coconut  
1/3 cup dried blueberries

### INSTRUCTIONS

Chop chocolate into small 1/2" pieces. In a microwave safe bowl, melt chocolate in 20-30 second intervals (stirring between each interval) until melted. Do not burn! Once melted and glossy, pour most of the chocolate (leaving a tad behind for drizzling) onto a cookie sheet lined with parchment paper. Sprinkle almonds, pecans, coconut, and blueberries onto the chocolate. Press down gently to make sure toppings stick. Drizzle remainder of chocolate over the bark. Refrigerate until firm, about 30 minutes. Remove and cut with a knife or break into desired pieces.