



# Shana's Holiday Treats

## Coconut Almond Chocolate Bark Bars

*Makes approx. 12 servings **Gluten Free***

### Ingredients:

1 cup shredded coconut  
1 ½ cups almonds (works best with sliced)  
¾ cup coconut oil  
1 tablespoon chia seeds  
Sea salt  
3.5 oz dark chocolate (or white chocolate)

### Toppings (optional): Choose 1 or 2

Pomegranate seeds  
Dried fruit, such as dried cranberries, prunes, or goji berries  
Chopped nuts, I like Pistachios  
Candy cane chips-bits  
Get Creative! ☺



**You can make this vegan by using Vegan Chocolate**

### Directions:

1. Preheat oven to 350 degrees. Toast coconut on sheet pan for about 5 minutes until lightly toasted (**this is an optional step**). I think it helps to bring out so much flavor ☺
2. Line a 9x12 baking dish with wax paper.
3. Blend almonds and coconut oil in a food processor (or high quality blender), until smooth. Add chia and coconut flakes. Pulse for another 30 seconds.
4. Pour into lined pan. Sprinkle with salt.
5. Place in refrigerator for at least 30 minutes.
6. Melt chocolate in a small pot and drizzle over coconut+almonds. Sprinkle with toppings as you wish. Place back in the refrigerator for another 5-10 minutes.
7. Cut into squares, or break into pieces. ENJOY! ☺

***Make these as gifts! ☺ Place in decorative holiday bags with ribbon and a name tag.***

***What are you giving as gifts this Holiday Season?***

***Made with Love By YOU ☺***

Recipe brought to you by Shana Griffin, Registered Dietitian

*Adapted from [glutenfreehomestead.com](http://glutenfreehomestead.com)*