

Dark chocolate, pistachio and cherry bark

These are a lovely treat to finish off a festive meal and make great gifts too.



Ingredients:

100g good quality 85% chocolate
Handful shelled pistachios, roughly chopped (or use toasted pecans)
Handful dried cherries (or use freeze-dried raspberries)
Pinch sea salt

Directions:

- Break chocolate into pieces and melt slowly in a saucepan or bain marie
- Pour onto a baking sheet lined with greaseproof paper
- Sprinkle pistachio, cherries and salt over the chocolate and place in fridge
- When solid, break or cut into bite sized pieces

Dark chocolate, nuts and fruit are all good sources of plant polyphenols which act as performance enhancers for the beneficial bacteria in our gut.