Chocolate Peppermint Bark

Portion Size: 1 piece   Yield: 10

Ingredients

Chocolate Chips, Semi Sweet, chopped	1 cup
Chocolate Chips, White, chopped	1 cup
Peppermint Candy, crushed	2 oz

Preparation:

1. Melt the semisweet chocolate over a double boiler.

Note: If double boiler is not available: Place a small saucepan filled with a small amount of water over medium heat. Place chopped chocolate in a metal bowl that fits over the saucepan with water. As the water turns to steam, it will melt the chocolate. Stir to until smooth. Remove from heat.

2. Line a sheet tray with parchment paper.
3. Pour the semisweet chocolate onto the parchment paper and spread until an 1/8" thick. Allow to set in the freezer for 15 minutes.
4. Melt white chocolate over a double boiler.
5. Spread on top of semisweet chocolate until white chocolate is also an 1/8" thick.
6. Sprinkle peppermint pieces over the chocolate and press down slightly.
7. Set pan aside and allow to cool for 2 hours until firm.

Break the bark into 1 oz. pieces (roughly 1" x 3")

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
150	1	19	<1	17	8	5	10