

Cacao Orange Nut and Seed Bark

Ingredients

1/2 cup chopped pecans
1/2 cup pumpkin seeds
2 tbsp hemp hearts
1 tbsp flax seeds

Chocolate layer

1/2 cup coconut oil - melted
1/3 cup Cacao (I really like [Harmonic Arts](#))
1 orange - zest and juice
2 tbsp maple syrup

Prep Time:

10 minutes

Cook Time:

5 minutes

Total Time:

15 minutes



Directions:

1. Add the pecans, pumpkin seeds, hemp hearts and flax seeds to a sheet of parchment paper on a cookie sheet or rectangular pan. Spread these as evenly as you can.
2. Using the fine area of your grater, grate your orange to get the Orange Zest.
3. Slice the orange in quarters.
4. Melt the Coconut Oil on the stove. Once melted turn off your burner.
5. Add the juice from the orange, cacao and orange zest. Mix together.
6. Add the maple syrup.
7. Spoon the cacao mixture over your nut and seed mixture. This will cover the nut and seeds mixture.
8. Place in the freezer for 30 minutes.
9. Once frozen break into different sized pieces of bark. This is a beautiful addition to your yogurt and fruit, bowl of ice cream or just to enjoy.