BetterBody Foods

Peppermint Bark

Prep: 45 min Cook: 0 min Total: 1 hr 45 min Servings: 8

Calories: 356 Fat: 17g Protein: 3g Carbs: 47g Fiber: 0g

Ingredients

- 12 ounces white chocolate
- 6 ounces semi-sweet or bittersweet chocolate
- 1 and 1/2 tsp BetterBody Foods Coconut Oil, divided
- 1/2 tsp peppermint extract
- 2-3 regular-size candy canes, crushed

Directions

1. Line the bottom and sides of a 9-inch or 8-inch square baking pan with parchment paper or aluminum foil, smoothing out any wrinkles. Alternatively, you can use a lined baking sheet. Set aside.

2. Bottom layer: Place 6 ounces of white chocolate in a small heatproof bowl or liquid measuring cup. Add 1 teaspoon of oil. Microwave in 20-second increments, stirring vigorously with a rubber spatula or spoon after each interval, until completely melted and smooth. (White chocolate overheats quickly, so microwaving in increments is important.)

3. Once melted, stir in 1/4 teaspoon of peppermint extract. Pour half of the melted white chocolate into the prepared pan and spread it into a thin, smooth layer using an offset spatula or spoon. (If using a baking sheet, spread it as thin as you like - about 812 inches works well.) Place the pan in the refrigerator for 10-15 minutes, or until almost set. Avoid letting it harden completely, as that can cause the bark layers to separate.

4. Middle layer: Place the semi-sweet chocolate in a small heatproof bowl or liquid measuring cup. Add 1/2 teaspoon of BetterBody Foods Coconut Oil.

5. Melt the chocolate in 20-second increments, just as you did in step 2, stirring thoroughly after each interval.

6. Once melted, pour the semi-sweet chocolate over the white chocolate layer and spread it into an even layer. Return the pan to the refrigerator for another 10-15 minutes, or until almost set.

7. Top layer: Pour the remaining white chocolate over the bark and spread it evenly. Sprinkle crushed candy canes evenly over the top. (To crush candy canes, place them in a sealed zip-top bag and roll or tap with a rolling pin or meat mallet until crushed.)

8. Refrigerate the bark until fully set, about 1 hour. Once hardened, remove it from the pan and peel off the foil or parchment. Break or cut into pieces of your desired size. If the bark has been chilled for more than 3-4 hours, let it sit at room temperature for 10-15 minutes before cutting to prevent the layers from separating.

9. Store leftover bark in an airtight container in the refrigerator for up to 3 weeks. It can be left at room temperature for a few days during cooler months but may soften slightly.

10. Enjoy your Peppermint Bark!