



Full of antioxidants plus an extra boost of fiber and minerals, this delicious treat is mood enhancing. Include some walnuts for an excellent source of omega-3 fatty acids and show your Valentine just how much you care.

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## Healthy & Delicious

### Low Carb Chocolate Cherry Bark

1/3 cup coconut oil	1/2 teaspoon almond extract
1/3 cup coconut butter	1/2 teaspoon vanilla extract
1 tablespoon cocoa butter (food grade)	1/2 cup dark cherries, chopped
3 tablespoons cocoa powder	1/4 cup home-roasted, sea salted nuts, chopped
2 tablespoons Truvia, ground fine (about 6 packets) or monk fruit or other healthy sweetener to taste.	1/4 teaspoon cinnamon

Melt together coconut oil, coconut butter, and cocoa butter over low heat. Add the extracts, cinnamon, and sweetener and mix. Pour into silicone cake pan or parchment lined cookie sheet that will fit into freezer without spilling. Sprinkle nuts and cherries over liquid and freeze for 30-60 minutes. Break into pieces and store in airtight container in the freezer. Try other add-ins like coconut, chopped strawberries, dabs of peanut butter, etc.

