



Laura's Recipe Corner

Great Recipes from Laura McKay!

Dark Chocolate Strawberry Bark

<https://kristitrimmer.com/a-healthy-keto-dessert-dark-chocolate-strawberry-bark/>; modifications in red by Laura McKay, B.S, Health Educator. This is a non-rotate recipe for those following the Bon Appetit Rotation Diet.

Ingredients:

Serves 10

- 1 cup of fresh strawberries, quartered
- ½ cup of Almond Butter, softened
- ½ cup of Coconut Butter, softened
(known as coconut manna. Purchase at health food store or amazon.)
- 3 Tbsp of Monk Fruit Maple Syrup
(for sugar free option or use pure maple syrup)
- 2 Tbsp of Lily's Mini Dark Chocolate Chips
(sugar free, or use Enjoy Life for soy free dairy free)
- 1 Tbsp of Unsweetened Shredded Coconut
- 1 Tbsp of Freeze Dried Strawberries, crushed
(can buy on amazon or health food store)



Directions:

1. Place the fresh strawberries into the blender or a food processor and blend into they are a smooth puree.
2. Add the almond and coconut butters, plus the Monk Fruit Maple Syrup and blend again. The mixture will be pretty thick now. Go ahead and dip your pinky in a give it a little taste.
3. Line a cookie sheet with parchment or silicone liner.
4. Pour the strawberry almond coconut mix onto the prepared cookie sheet and with a spatula, spread it as thinly as possible.
5. Top with shredded coconut, crushed freeze dried strawberries and mini chocolate chips.
6. Freeze for 15 to 20 minutes or until firm.
7. Break into pieces and enjoy with a glass of milk of choice. I love love love Cashew Milk!
8. Store leftovers in an airtight container in the fridge or freezer or they will melt on you, especially if you live in a warm climate. I live in Alaska so I can just pop them out on my balcony and they will freeze right up!

Make a batch to eat now and another one to store in the freezer for Date Night.

Notes:

This Dark Chocolate Strawberry Bark recipe can be made with frozen strawberries as well. Let it thaw and then drain the excess liquid before pureeing.

Allergy & Environmental Treatment Center, LLC provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies. We offer state-of-the-art allergy testing and treatment. In addition, we offer general medicine/primary care services. Schedule your visit with us today! Call 480-634-2985.



Edwards Professional Park II
8952 E. Desert Cove Drive
Suite 114
Scottsdale, AZ, 85260
Clinic: (480) 634-2985
info@allergyenvironmental.com