

CEREAL BARK

INGREDIENTS

- 1/2 C Coconut Sugar **OR** sugar substitute
- 2 T Water
- 2 C Rice Krispy cereal **OR** a gluten-free cereal
- 1 lb Chocolate (bittersweet) (70%)
- Non-stick cooking spray



DIRECTIONS

- 1 Put a silpat mat or parchment paper on a baking sheet
- 2 If using parchment paper spray with non-stick cooking spray
- 3 Place the sugar & water in a saucepan with a heavy bottom & stir to combine
- 4 Place pan on a medium-high heat & stir until just sugar is dissolved
- 5 Once the sugar comes to a boil do not stir the mix
- 6 If it is cooking unevenly gently swirl the pan
- 7 Cook until the mix turns a medium amber color
- 8 Remove the pan from the heat & stir in the rice cereal until it is coated with the sugar mix
- 9 Turn the mix onto the prepared pan & spread it as thin as possible using a spatula that has been sprayed with non-stick cooking spray
- 10 Allow the bark to cool & then break it into pieces & place it in a large zip-lock bag
- 11 Using a hammer or a rolling pin, crush the pieces until they are the size of 2 pieces of crispy rice
- 12 Place parchment paper on a baking sheet & spray with non-stick cooking spray
- 13 Melt the chocolate in a microwave on 50% power stirring every 30 seconds to prevent the chocolate from burning
- 14 Spread the chocolate on the parchment paper & use a spatula to 'spread' it out 1/4" thick
- 15 Sprinkle with the caramelized cereal & press down lightly on the cereal to make sure it sticks to the chocolate
- 16 Place in the refrigerator until the chocolate sets
- 17 Break into pieces & store in an airtight container in the refrigerator

NOTE

- 1 You can add colored lentils to the cereal mix
- 2 If using tempered chocolate, store the chocolate at room temperature

