

Chocolate Pumpkin Seed Bark
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RECIPE

Serves 6 to 8

½ pound raw pumpkin seeds

12 ounces vegan or regular semi sweet chocolate chips

Parchment paper

Preheat the oven to 350.

Line a baking sheet with parchment. Spray the paper lightly with olive oil pan spray.

Spread half a pound of raw pumpkin seeds out evenly, in a single layer as much as possible. Toast for 10 to 15 minutes until they start to brown.

Let them cool down but make sure they stay evenly spread over the pan. Gently shake the pan to redistribute them.

In a sauce pan that comfortably fits a stainless steel or glass bowl, bring an inch or so of water to boil. You could also use a double boiler here, if you possess one.

Spread the chocolate chips out in the bowl in a single layer and set over the water. Leave the chocolate undisturbed until every last morsel has melted, when all of them have faded into a lighter shade, about 15 minutes.

Whisk until the chocolate is smooth with no lumps at all. Dip the tip of a teaspoon into the chocolate and drizzle the chocolate across the seeds, with staccato flicks of your wrist as if this were an abstract expressionist painting. Do maintain control though or you'll find strings of chocolate on everything outside the rim of the baking sheet.

Cover as much of the seeds as possible, but know that some will inevitably fall away later, when you break the mass into long chards. Throw those stragglers in a bowl and eat them too.

Once you've covered all the seeds, you can sprinkle some sea salt or candied ginger over the chocolate if you like. The yoginis love them both. There are infinite other possibilities: dried lavender? Pink peppercorns? Chili flakes? This is your work of art: you decide.

Set the pan in the fridge for half an hour or so. Then carefully break up the bark into pieces and serve. Leftovers should be kept cool and dry.

