

Green Goddess Dip



Ingredients

- 1 bunch fresh cilantro
- 1 bunch fresh parsley
- 3-4 green onions
- 1 jalapeño, seeded
- 1 ripe avocado
- Juice from 1/2 of lime
- 1-2 garlic cloves
- 1 cup plain Greek yogurt
- Salt to taste
- Plenty of olive oil

Instructions

- Blend all ingredients in food processor until smooth.
- Continue to add olive oil until desired consistency is achieved.
- Serve with fresh vegetables, pita chips, tortilla chips, or as a sandwich spread or salad dressing.

Nutrition Information

Serving size: 2 Tbsp.; Calories: 87; Total Fat: 8g; Carbs: 3g; Sugar: 1g; Fiber: 1g; Protein: 2g

Nut & Dried Fruit Dark Chocolate Bark

Total Time: 2hrs 10 min
Serving Size: 10-12



Instructions

1. Line a sheet pan with parchment paper and lightly coat with cooking spray. Set aside.
2. In a small bowl, combine all of your toppings and set aside.
3. Fill a small pot with about 2 inches of water and bring to a simmer (low heat). Place a heat-proof bowl over the pot and place the chocolate in it, letting it melt while you stir with a rubber spatula, so it doesn't burn.
4. Pour the melted chocolate onto the parchment paper and smooth it over with a spatula.
5. Sprinkle the toppings over the chocolate.
6. Place the bark into the refrigerator for 1 to 2 hours to chill and harden, then break into pieces and enjoy.

Ingredients

- 6 ounces dark, bittersweet, or semisweet chocolate chips
- 1 tablespoon of assorted toppings of your choosing:
 - Ground flaxseed, dried cranberries or cherries, other dried or freeze dried fruit unsweetened
 - coconut flakes, raw pumpkin seeds
- 2 tablespoons chopped walnuts, pecans, or almonds

Store leftovers in an airtight container in the refrigerator.

Nutrition Facts

Calories: 103 Sodium: 5 mg Potassium: 43 mg Carbohydrates: 9g Dietary Fiber: 2g Protein: 2g
Fat: 8g