



# Friday Facts

June 11, 2021

## Tried and True

We can't tell you all the benefits of dark chocolate without including a recipe or two highlighting this great ingredient! Here's one that REALiving Consultant MaryAnne Erickson has made many, many times. She says, "It's a go-to recipe to have around when you're entertaining or when you just need a little bit of sweet. It's a nice little treat. And it keeps well in a sealed container."

Remember, dark chocolate is loaded with potent antioxidants. These antioxidants protect cells and tissues from damage by free radicals, which are unstable molecules that can alter and weaken cells. Research shows that chocolate is good for the heart, circulation, and brain.

### Antioxidant Bark

#### Ingredients

- 2 cups dark chocolate morsels
- ½ cup nuts of your choice
- ½ cup dried fruit of your choice

#### Directions

Place parchment paper on a sheet pan. Melt chocolate over a double boiler, then spread over paper. While the chocolate is still warm, sprinkle nuts and fruit over the top. Optional: Melt white chocolate and drizzle over top of the fruit and nuts.



The *Friday Facts* are for informational purposes only. It does not diagnose problems or recommend specific treatment, and it's not a substitute for your doctor's care.

This information provided to you by your EAP provider, REALiving®. For more information go to: [EAP.REALiving.com](http://EAP.REALiving.com)

**REALiving**®  
Helping You Be Your BEST.