



EVERYTHING HERBAL

by Cheryl Jabz ♥

PLANT • NOURISH • THRIVE

Peppermint CHOCOLATE BARK

SUGAR FREE

Cool, crisp peppermint and rich dark chocolate come together in this easy, sugar-free treat. Perfect for holidays, gifting, or an anytime indulgence—without the sugar!

SUGAR
FREE

Naturally
Sweetened!

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THIS RECIPE

Thanks for
Supporting
Herbal Wellness!

HERBS FOR
FLAVOR

SWEETNESS
WITHOUT
SUGAR

INGREDIENTS

- 12 oz sugar-free dark chocolate chips (70% cacao or higher)
- 1 tsp coconut oil
- 1 tsp peppermint extract
- 2–3 tbsp crushed sugar-free peppermint candies (or chopped sugar-free mints)
- 2 tbsp chopped nuts (optional: almonds, walnuts, or pecans)
- Pinch of sea salt (optional)



DIRECTIONS

- 1 Line a baking sheet with parchment paper.
- 2 In a microwave-safe bowl, combine chocolate chips and coconut oil.
- 3 Microwave in 20–30 second intervals, stirring each time, until completely melted and smooth.
- 4 Stir in peppermint extract.
- 5 Pour the melted chocolate onto the prepared baking sheet and spread into an even layer.
- 6 Immediately sprinkle crushed peppermint candies, chopped nuts, and a pinch of sea salt over the top. Press lightly so toppings stick.



TIP: For a festive look, drizzle with a little extra melted sugar-free chocolate or sprinkle with additional crushed peppermint!



HERBAL HIGHLIGHTS



PEPPERMINT

Traditionally enjoyed to support digestion and promote a refreshing, calming feeling.



CACAO

Rich in antioxidants and known to support mood and overall well-being.



LOW
SUGAR



GLUTEN
FREE



KETO
FRIENDLY



A Guilt-Free Indulgence!

Enjoy a piece (or two!) of this minty chocolate bark whenever you need a little sweetness without the sugar. Store in the refrigerator in an airtight container for up to 2 weeks.

PERFECT FOR:

- ♥ Holiday Treats
- ♥ Gifts from Your Kitchen
- ♥ Party Platters
- ♥ Afternoon Pick-Me-Up

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RECIPES & TIPS!



Bringing the Power of Herbs to Your Kitchen and Your Life! ♥



www.EverythingHerbalbyCherylJabz.com

♥ THANK YOU!