

# Christmas Candy Cane Bark

Makes 20 servings | A Diabetic-Friendly Recipe

## Ingredients:

- 12 ounces sugar-free dark chocolate (chopped or chips)
- (Optional, for smoother melting) 2 teaspoons coconut oil
- 6 crushed sugar-free peppermint candies or mints



## Directions

1. Line a medium baking sheet with parchment paper.
2. Place chocolate and coconut oil in a microwave-safe bowl. Heat in 20-second intervals, stirring after each, until smooth and melted.
3. Pour melted chocolate onto the parchment paper and spread evenly with a spatula to about 1/4-inch thick.
4. Sprinkle crushed sugar-free mints evenly over the chocolate.
5. Gently press the candy pieces into the surface so they stick.
6. Refrigerate for 30 minutes or until firm.
7. Break into pieces.

## Food Fun Fact

Peppermint is a natural digestive aid. Its refreshing oils can help relax the stomach and reduce feelings of bloating, making this holiday treat both festive and soothing.