

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.