

## **Pistachio Cranberry Bark with Cardamom Essential Oil**

### **Ingredients:**

- 1 bag of your favorite chocolate chips (I used Ghirardelli 60% cocoa semisweet chocolate chips)
- 1/2 cup of shelled pistachios
- 1/2 cup of dried cranberries
- 1 drop doTERRA Cardamom essential oil ([where to buy](#))
- Dash of sea salt

### **Recipe:**

1. Slowly melt the chocolate chips either on the stove or in 30 second increments in the microwave. Stir frequently and remove just before the chocolate is fully melted. Then stir until melted. Slowly melting the chocolate helps create the best chocolate base for the bark!
2. Stir in 1-2 drops of doTERRA Cardamom oil into the melted chocolate. Pro tip, start out with 1 drop and taste it before you add anymore to ensure that you put in the right amount of Cardamom oil for your taste buds.
3. Spread out the chocolate onto a baking sheet lined with parchment paper until the mixture is about 1/4 inch thick.
4. Top the chocolate with the pistachios, cranberries, and a sprinkle of sea salt.
5. Let the bark set until hard. You can up the process by placing in the fridge for 15-20 minutes. Once, hard break the chocolate up into smaller pieces and enjoy!

That's it! Now you have a delicious holiday dessert to use as a gift or at your dinner table.

