



Recipes

INVITE THE LIGHT YOGA RETREAT
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Hosted by:

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Mandy Peachey at LAS DUNAS Cave House Holidays & Retreats

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YOUR POEM

dedicated to THE BOMBARDIER BEETLE

On the journey of life, we are all headed,
Through twists and turns, the path we've treaded.
Each day brings challenges, new dishes to taste,
But it's gratitude that we should never let go to waste.

With eye-opening moments, we learn and grow,
Exhilarating adventures, both high and low.
Transformational experiences, they shape our way,
Enlightening our souls, like the break of day.

Every beginning holds a touch of the magical,
In this grand adventure, so unpredictable.
So cherish each moment, every twist and turn,
For life's a journey, from which we all learn.

. . . N E E D E D



BREAKFAST

GREEN JUICE

Author : Joe Cross, modified by Mandy Peachey

Serves : 1 large glass

Time : 10 min

INGREDIENTS

- 1 x granny smith apple
- 2 x small cucumbers or 1 large
- 2 x celery stalks
- 1 x lemon (top and tail but leave rest of skin)
- 1 thumb size piece of ginger (the more the better)
- 2 large handfuls of spinach/kale/any leafy green

INSTRUCTIONS

- Put all through the juicer. Stir. Drink. Enjoy.
- Can be kept in the fridge for 2 days but best consumed immediately.



SNACKS

SUPERFOOD BREAKFAST COOKIES

Author: Joscelyn Abreu, modified by Mandy Peachey

Serves: 16 cookies

Time: 15 min

INGREDIENTS

- 1 cup oats
- ½ cup oat flour
- ½ cup dried cranberries, raisins or other
- ½ cup unsalted pumpkin seeds or other
- ¼ cup ground flaxseed
- 1 tbsp chia seeds
- 1 tsp cinnamon
- 1 tsp baking powder
- ¼ tsp salt
- 1 large mashed banana
- 3 tbsp melted coconut oil
- 3 tbsp honey
- 2 tbsp almond milk

INSTRUCTIONS

- Preheat oven to 165c. combine dry ingredients in large mixing bowl: Oat flour, Cranberries, Pumpkin seeds, Ground flaxseed, Chia seeds, Cinnamon, Baking powder, Salt
- Stir in mashed banana, coconut oil, honey, almond milk until well blended. Let mixture rest for 4-5 min giving chia and flax time to bind everything together. If dough is too thick add 1 or 2 tbsp milk and mix again.
- Make cookies balls, place on baking paper (in baking tray) and gently press down.
- Bake for 15 – 18 min, or until cookies are lightly golden around the edges
- Store in a container for 2 or 3 days



EASY HEALTHY MUFFINS

Author: Megan Porta, modified by Mandy Peachey

Serves: 16

Cook time: 25 min (approx.)

INGREDIENTS

- 1 ¼ cup all-purpose flour or almond flour
- ½ cup coconut sugar or light brown sugar
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp ground nutmeg
- ½ tsp coarse salt
- 1 cup oats
- ½ cup raisins or similar
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- 3 tbsp olive oil
- 1 large egg
- 1/3 cup almond milk
- 2 carrots shredded
- 1 banana ripe

INSTRUCTIONS

- Preheat oven to 185 c.
- Coat muffin pan with spray oil or similar. In large bowl, whisk together flour, brown sugar, baking soda, baking powder, nutmeg and salt until there are no lumps.
- Stir in oats, raisin, seeds. Add oil, egg, milk, carrot, and banana and stir until blended.
- Place in muffin tray
- Bake until toothpick comes out clean
- Store in contain for up to 3 days



LEMON POPPYSEED CUPCAKES

Serves: 10 cupcakes

Cook: 20 min

Temp: 180 c

INGREDIENTS

- 100g cake flour
- 100g white sugar
- 2 eggs (match weight of flour)
- 75g veg oil
- Juice of 1 lemon
- Rind from ½ lemon
- ½ tsp baking powder
- ½ tsp baking soda
- Poppy seeds as wanted

INSTRUCTIONS

- Preheat oven to 180 c
- Mix everything together in machine – speed number 4 – not for too long
- Add poppy seeds and lemon rind and fold in
- Put in muffin trays and bake for approx. 20 min



BRUNCH

KEFIR/YOGURT POTS

Author : Mandy Peachey

Time : 20 min

Serves : 5

INGREDIENTS

- 1 x 500g pot of kefir (or natural yogurt)
- 1 x bag of frozen mixed red berries
- 5 x tbsp oats
- 5 x tsp honey

INSTRUCTIONS

- Defrost the berries and blend in a blender until smooth
- Divide the kefir equally between 5 small(ish) glasses/pots
- Carefully layer on the oats, 1 tbsp per glass/pot
- Drizzle on the honey, 1 tsp per glass/pot (adjust to your taste)
- Last, add the blended berries and serve immediately.
- NOTE: can be kept in the fridge, but the berry topping will dry out



SAVORY INDIAN (BESAN) PANCAKE

Author : Veganbell

Total time : 23 minutes

Serves : 4

INGREDIENTS

- 2 cups gram/chickpea flour
- 1 tsp salt
- ½ tsp pepper
- ½ tsp turmeric powder
- 1 tsp paprika
- ¼ cup nutritional yeast
- 400ml water
- 2 cups bell peppers, finely chopped
- 2 green chillies, finely chopped
- ½ cup red onion or spring onion, finely chopped
- ¼ cup coriander, finely chopped

INSTRUCTIONS

- In a large mixing bowl, add the flour, salt, pepper, turmeric powder, paprika and nutritional yeast. Mix well using a whisk.
- Add water. Mix well until the mixture is smooth.
- Cover the bowl and let rest for 10 minutes.
- While that rests, finely chop your bell peppers, chillies, onions, and coriander
- After 10 minutes, add the remaining ingredients and mix well.
- Set a non-stick pan over a medium heat. Once it's hot, pour your pancakes – we used a soup ladle to get an even measure per pancake. Make sure the mixture spreads evenly.
- As bubbles start to appear, gently flip the pancake and cook the other side. Pancakes should be golden brown
- Serve with sriracha or any hot sauce



SHAKSHUKA

Author : Yotam Ottolenghi

Serves : 4

Total Time : 1 hour

INGREDIENTS

- ½ tsp cumin seeds
- 180 ml light olive oil or vegetable oil
- 2 large onions, sliced
- 2 red and 2 yellow peppers, cut into strips
- 4 tsp muscovado sugar
- 2 bay leaves
- 6 thyme sprigs, leaves picked and chopped
- 2 tbsp chopped parsley
- 2 tbsp chopped coriander, plus extra to garnish
- 6 ripe tomatoes, roughly chopped
- ½ tsp saffron threads
- Pinch of cayenne pepper
- Up to 250 ml water
- 8 eggs (2 per serving)
- Salt and black pepper

INSTRUCTIONS

- In a very large pan, dry-roast the cum seeds on a high heat for 2 minutes.
- Add the oil and onions and sauté for 5 minutes.
- Add peppers, sugar and herbs and continue cooking on a high heat for 5 – 10 minutes.
- Add the tomatoes, saffron, cayenne and some salt and pepper.
- Reduce the heat to low and cook for approx. 15 minutes. Keep adding water so that the mix has a pasta sauce consistency. Taste and adjust the seasoning. It should be potent and flavoursome.
- When you've reached the desired consistency – veg should be soft and liquid should be nice and thick - remove the bay leaves and make gaps in the mixture, carefully break 2 eggs into each gap.
- Sprinkle with salt and pepper and cover with a lid.
- Cook on a VERY gentle heat for 10-12 minutes, or until the eggs are to your liking.
- Sprinkle with coriander and serve.



HOME-MADE SPICY BAKED BEANS

Author : Charles Peachey

Serves : 3

Time :

Note : You can use haricot beans or cannelloni beans for this recipe, either from a jar/can or dried. We used dried cannelloni beans, soaked them overnight and then wash. Add water to cover and a pinch of salt. Cook in a pressure cooker for 14 minutes, or cook in a normal pot until soft. Then drain the beans but **KEEP THE WATER**.

INGREDIENTS

- 400 grams haricot beans or cannelloni beans (drained, rinsed)
- 2 x small tomatoes (chopped)
- 1 x medium onion (finely chopped)
- 1 x medium green pepper (chopped)
- 1 x garlic clove (finely chopped)
- 1 x tin chopped tomato
- 1 tbsp Worcestershire sauce
- 1 tbsp soy sauce
- 1 tbsp liquid smoke (secret ingredient!)
- 1 tbsp brown sugar (muscovado)
- 2 tbsp olive oil
- ½ tsp cayenne pepper
- chilli powder (adjust to taste or leave out if you don't want the beans too spicy)
- Salt and pepper to taste

INSTRUCTIONS

- Cook onion, green pepper and garlic in a large pan until soft
- Add all ingredients to pan with some of the water from cooking the beans. Add enough liquid so that the beans are covered
- Cook on a low heat until the sauce has thickened, it should be the consistency of a thick pasta sauce – stir occasionally to stop it sticking
- Remove from heat and adjust seasoning



SALADS

SHIRAZI SALAD

Author : Little Sunny Kitchen

Serves : 6

Time : 15 minutes

INGREDIENTS

- 1 cucumber, chopped small but not diced
- 4 tomatoes, chopped small but not diced
- 1 red onion, chopped small but not diced
- 2 tbsp olive oil
- 3 tbsp lemon juice (juice of 2 lemons)
- ¼ cup parsley, chopped
- Handful of fresh mint, chopped
- Salt and black pepper

INSTRUCTIONS

- Chop everything
- Whisk together the oil, lemon juice, salt and black pepper
- Mix everything together 30 minutes before serving



MOROCCAN CARROT SALAD

Author :

Serves : 5

Time :

INGREDIENTS

- ½ kg carrots, peeled and grated
- Zest of 1 lemon
- ¼ cup of parsley, chopped

FOR THE DRESSING

- 2 tbsp lemon juice (juice of 1 ½ lemons)
- 1 tbsp white wine vinegar
- 2 tsp honey
- ¼ tsp garam masala
- 1/8 tsp smoked paprika
- White pepper
- Salt
- 2 tbsp olive oil

INSTRUCTIONS

- Combine lemon juice, vinegar, honey, garam masala, paprika, salt pepper and oil. Whisk until emulsified. Adjust seasoning to taste.
- Combine grated carrot, lemon zest and parsley.
- Add the dressing and toss.
- Enjoy



LEMONY CHICKPEA SALAD

Author : Tom Colicchio

Serves : 6

Time : 20 min

INGREDIENTS

- 1 medium red onion, finely chopped
- ½ cup red wine vinegar
- Zest and juice of 1 lemon
- 2 garlic cloves, finely chopped
- 1 tsp finely chopped rosemary (preferably fresh, but dried is fine)
- ½ tsp dried oregano
- 1 ½ tsp finely chopped generic chili pepper
- ½ cup extra-virgin olive oil
- ¾ cup finely chopped flat leaf parsley
- 2 jars or cans of chickpeas

INSTRUCTIONS

- Put the finely chopped red onion in a bowl with the red wine vinegar. Let it soak for 15 minutes. Drain the vinegar.
- Add the diced celery, lemon zest, lemon juice, garlic, chopped rosemary, oregano and chili. Mix well.
- Add the chickpeas and olive oil. Season with salt and black pepper.
- Fold in the chopped parsley and serve.

NOTE:

This salad can be made ahead of time and kept in the fridge. Add the parsley just before serving.



DINNER

VEGETABLE TAGINE

Author : olivemagazine.com

Serves : 4

Prep Time : 40 minutes

INGREDIENTS

- 1 red onion, chopped
- 2 garlic cloves, chopped
- ½ tsp ground cumin
- ½ tsp coriander
- ½ tsp cinnamon
- 1 red pepper, seeded and chopped
- 1 courgette, chopped
- 1 aubergine, chopped
- 4 tomatoes, chopped
- 1 jar of chickpeas
- 250ml vegetable stock
- 2 tbsp harissa (see next recipe)
- 4 prunes, sliced

INSTRUCTIONS

- Fry the onion and garlic for 5 min
- Add all the spices and fry for about 1 minute
- Add the vegetables, fry for 8 – 10 minutes until they are coated in spices and starting to colour
- Add the chickpeas, stock, harissa and prunes.
- Season to taste and simmer for 15 – 20 minutes until the vegetables are tender.
- Add chopped parsley to serve
- Serve with your favourite couscous dish



HARISSA PASTE

Author : Mandy Peachey

Makes : 1 medium jar

Time : 10 minutes

INGREDIENTS

- 10 dried chillies
- 1 tbsp cumin seeds
- 2 tbsp coriander seeds
- 4 garlic cloves
- 1 ½ tsp smoked paprika
- 1 tsp salt
- 2 tbsp lemon juice
- 1 tbsp white wine vinegar
- 1 tbsp tomato puree
- ¼ cup olive oil

INSTRUCTIONS

- Add all ingredients to a good blender and blend until smooth (we use a Vitamix Aspire)



NO-BULL-OGNESE (VEGAN BOLOGNESE)

Author : Mandy Peachey

Serves : 6

Prep Time : 30 minutes

Cook Time : 30 minutes (may vary)

INGREDIENTS

- 2 x onions, finely diced
- 2 x carrots, finely diced
- 4 x celery stalks, finely diced
- 1 x tbsp coconut oil
- 1 x tbsp ginger paste (adjust to your taste)
- 2 x garlic cloves, finely sliced
- 1 x large red pepper, finely diced
- 1 x large green pepper, finely diced
- 1 x cup brown lentils
- 1 x cup red lentils
- 1 x cup dried porcini or oyster or shiitake mushrooms, chopped
- 1 x litre vegetable stock (more if needed)
- 3 x large pieces sundried tomato, finely chopped
- 1 x tbsp tomato puree
- 1 x tbsp herbs de provence
- 2 x tbsp Lea & Perrins Worcestershire Sauce to your taste
- 1 x tbsp Lemon juice
- Season to taste using black pepper, more lemon juice, and/or more Worcestershire sauce

INSTRUCTIONS

- Fry the onion in the coconut oil until translucent, approx.. 5 minutes.
- Add the ginger paste and sliced garlic, fry for approx.. 2 minutes.
- Add the carrot and celery and cook for approx.. 10 minutes.
- Add red & green peppers. Put lid on pot and sweat the mixture for approx.. 15 minutes.
- Add the red and brown lentils, mushrooms, herbs, sundried tomato – mix well.
- Add the vegetable stock, tomato puree – remember that your lentils will soak up the liquid really well so keep more stock nearby to add as needed.
- Cover and cook on a low to medium heat for approx.. 20 minutes
- NOTE: can be stored in the fridge or freezer



CURRY GRAVY

Author : Natco-Online.com

Time : “a long time” – but can be made in bulk and frozen

Note : there are 4 parts to this curry gravy; 1) the basic curry sauce, 2) the secret onion paste, 3) special spice mix, 4) the final mix

BASIC CURRY SAUCE

INGREDIENTS

- 4 large red onion, coarsely chopped
- 60 g unpeel fresh ginger, chopped
- 90 g peeled fresh garlic, coarsely chopped
- 6 tbsp vegetable oil
- 1 tsp salt (heaped tsp)
- ½ tsp sugar
- 240 g tin of chopped tomatoes
- 1 tsp turmeric
- ½ tsp cinnamon powder (NB)
- 1 tsp paprika
- 1 tbsp tomato puree
- 1 tbsp tomato ketchup

INSTRUCTIONS

- Fry onion in 1tbsp of oil for 10 minutes on a low heat until soft but not browned
- Add in the garlic, ginger and salt then add enough water to just cover the top of all ingredients.
- Bring everything to the boil then turn down to a simmer for 30 minutes (no lid).
- While this is simmering, place the remaining 5 tbsp of oil, tomatoes, puree, ketchup and spices into another saucepan. Bring to the boil then simmer for 10 minutes on a low heat.
- Separately, blend both of the above to a very smooth consistency, then combine and simmer for another 15 minutes to ensure cooked and well mixed.
- The blending is vital to the favour/correct texture.
- Add water if it ever gets too dry during this phase. The end result should be about 1.6 litres of gravy – if not, add water to this volume now.



THE SECRET ONION PASTE

INGREDIENTS

- 2 large white onions, chopped finely
- 4 cloves garlic
- 3 tbsp vegetable oil
- Pinch of cumin
- Pinch of cinnamon

INSTRUCTIONS

- Place raw onion and garlic into blender. Add enough water to cover the mix until smooth.
- Heat the oil in a pan on a high heat, add the mixture (it will split)
- Reduce down until dryer, then add the spices and continue frying until it turns into what looks a bit like bread dough.
- This may take some time but is worth it for the final taste. Be careful not to burn.
- Taste the finished product – should taste almost “soapy”

THE SPECIAL SPICE MIX

INGREDIENTS

- 2 tbsp cumin powder
- 2 tbsp coriander powder
- 2 tbsp garam masala
- 2 tbsp dried fenugreek

INSTRUCTIONS

- Mix all the spices together and store in an airtight container.

THE FINAL MIX (MEDIUM SPICE)

Author : Natco-Online.com

Serves : 4

INGREDIENTS

- 800 ml of the Basic Curry Sauce (see above)
- 5 tbsp vegetable oil
- 1 tsp salt
- 5 tsp Special Spice Mix (above)
- ¼ tsp chilli powder
- Fresh coriander leaves



INSTRUCTIONS

- Add oil and heat
- Add the Basic Sauce and simmer on high for 2-3 minutes.
- Add the Special Spice Mix and salt and continue to cook for another 5 minutes or until the sauce separates from the oil

Your curry gravy can also be used to create your favourite curry sauce/style:

DUPIAZA

INGREDIENTS

- 1 tbsp vegetable oil
- 1 tsp Cumin seeds
- 2 large onions, sliced into rings
- 4 green or red chillies, halved lengthways

INSTRUCTIONS

- Heat the oil and add the cumin seeds. Cook for a few seconds then add the onions and chillies and reduce the heat.
- Fry until the onions are soft and slightly charred
- Add to the Basic Sauce
- NOTE: in our vegetable curry we used the above recipes to cook cauliflower, and butternut squash (we roasted the butternut before adding it to the curry sauce)



NAAN BREAD

Author : Tanya Henson-Webb

Serves : 8 naan

Prep time : 5 min

Rise time : 1 – 5 hrs

Cook time : 10 minutes

INGREDIENTS

- 500 g flour
- 250 ml warm water
- 7 g yeast
- 1 tsp salt

INSTRUCTIONS

- In a large bowl, mix the warm water, yeast, salt and flour. Knead the mixture until dough is smooth.
- Cover with a damp cloth and rest for 1 – 5 hours.
- Divide the dough into 8 pieces. Sprinkle flour on your counter and roll out each piece with a rolling pin.
- Add a drop of oil to a very hot frying pan, place your first naan.
- When the naan starts to bubble up and has some colour on the underside, flip it and cook for a minute or 2 on the 2nd side.
- Serve immediately
- NOTE: raw dough can be frozen after the 1 – 5 hour rising time. Recommend dividing into individual pieces before freezing.



SAMOSA STUFFING

Author : Mandy Peachey

Serves : 36 samosas

Prep time : 20 minutes

Cook time : 30 minutes

INGREDIENTS

- 1.4 kg potatoes, peeled and chopped
- 9 x tbsp olive oil
- 3 x onion, finely diced
- 6 x tbsp jalapeño peppers, finely chopped
- 6 x tbsp grated ginger
- 3 x tsp cumin seeds
- 3 x tsp garam masala
- 1 ½ x tsp turmeric
- 1 x tsp cayenne pepper
- 3 ½ x tsp salt
- 150 g frozen peas
- 6 x tbsp coriander, finely chopped

INSTRUCTIONS

- Cook the potatoes until soft. Drain and lightly mash then set aside.
- Cook the onion in the oil until just starting to brown, approx.. 10 minutes.
- Add the jalapeño peppers and ginger. Cook for a couple of minutes. Add the spices and stir until everything is coated in the spices.
- Add the lightly mashed potatoes, salt, frozen peas and coriander.
- Stir everything until well mixed. Leave to cool.
- NOTE: we used empanada rounds to create our EMPA-MOSAS, a hybrid samosa-
empanada.



VEGETABLE PAELLA

Author : Charles Peachey

Serves : 8

Prep time : 20 minutes

Cook time : 1 hour

INGREDIENTS

- 75 g paella rice per person
- 1 ½ x onions, finely chopped
- 1 x green pepper, finely chopped
- 1 x red pepper, cut in long strips
- 1 x bunch of asparagus
- 6 x garlic cloves, chopped
- 4 x tomatoes, finely chopped
- 1 x pack of frozen peas
- 8 x tsp paella mix seasoning
- 1 x tsp cayenne pepper
- 1 x tsp black pepper
- ¼ x tsp chilli powder (optional)
- 1 x cup white wine (optional)
- 2 litres vegetable stock (approx..)
- 1 x can of chickpeas
- 1 x tbsp olive oil

INSTRUCTIONS

- Heat the olive oil in a large paella pan, add the chopped onion and cook until translucent.
- Add the chopped green pepper, garlic and paella spice mix. Cook for approx.. 10 minutes.
- Stir in the rice, add chickpeas, stock and white wine. Cover and cook until rice is soft.
- Add more stock as needed. Do not stir.
- Add the peas for the last 5 minutes of cooking time.
- Serve with fresh lemon squeezed over.



DESSERT

CHOCOLATE BROWNIES

Author : Tanya Henson-Webb

Serves : 25 small brownies

Prep time : 20 min

Cook time : 25 min

INGREDIENTS

- 3 x eggs
- 275g caster sugar
- 180g dark chocolate
- 185g butter
- 40g coco powder
- 80g flour
- Pinch of salt

INSTRUCTIONS

- Preheat the oven to 180/160 fan assisted. Place parchment paper in pan.
- Melt the butter and chocolate in the microwave for a few minutes (melted, but not burnt). Take out and leave to cool for a few minutes.
- Whisk sugar and eggs until light and fluffy – approx.. 5 minutes.
- Slowly whisk the cooled chocolate/butter mix into the sugar/egg mixture – approx.. 1 minute.
- With a wooden spoon, gently fold in the flour and coco powder.
- Pour the mixture into the prepared pan.
- Cook for 25 minutes.
- Will keep for 3 – 4 days in a sealed container.



CHOCOLATE BARK

Author : Mandy Peachey & Tanya Henson-Webb

Serves : 1 medium size tray

Prep time: 10 minutes

Freezer time : 30 minutes minimum

INGREDIENTS

- 2 x bars of organic dark chocolate (75% cacao or higher)
- 1 x bar of organic white chocolate (optional)
- 2 x tsp Maldon Sea Salt flakes
- 1 x tbsp pomegranate seeds
- 1 x tbsp dried cranberries (or similar)
- 1 x tbsp flaked or diced almonds (pistachio also works really well)

INSTRUCTIONS

- Line your chosen tray with baking parchment.
- Break up your organic dark chocolate in a glass bowl. Heat over a bain-marie until completely melted (or pop in the microwave for a couple of minutes, until melted).
- Pour the melted dark chocolate into your tray.
- Sprinkle on the salt, pomegranate seeds, cranberries, & diced nuts.
- Break up your organic white chocolate in a clean glass bowl. Heat over a bain-marie until completely melted (or pop in the microwave for a couple of minutes, until melted).
- Drizzle the melted white chocolate over the dark chocolate and toppings.
- Pop in the freezer for a least 30 minutes.
- Allegedly, this chocolate bark can last for quite some time in your freezer. However, mine has never made it past 3 days 😊



