

## How to Make Healthy Date Bark with Chocolate and Nuts

This recipe makes a sheet of bark that serves about 6, but it's easy to double!



**TIME**  
**10 min**

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### INGREDIENTS

1 cup dates, pitted and chopped (Medjool dates recommended)

1 cup dark chocolate, chips or a chopped bar

½ cup mixed nuts, chopped (like almonds, pecans, or walnuts)

... cup shredded coconut, unsweetened

Flaky sea salt, for sprinkling (optional, but highly recommended)

Swaps and Notes:

**Dates:** I highly recommend using Medjool dates. They are large, soft, and have a rich, caramel-like flavor that makes the best base for this bark. If you can only find smaller, drier dates like Deglet Noor, you might want to soak them in hot water for 10 minutes and drain them well to soften them up before using.

**Chocolate:** High-quality dark chocolate (70% cacao or higher) provides a beautiful contrast to the sweet dates. However, feel free to use semi-sweet, milk chocolate, or even white chocolate if you prefer. For a vegan version, simply use your favorite dairy-free chocolate.

**Nuts:** The beauty of this bark is that you can use any nuts you have on hand! Almonds, walnuts, pecans, and pistachios are all fantastic. For a nut-free version, swap in pumpkin seeds, sunflower seeds, or even some crispy puffed rice cereal.

**Toppings & Drizzles:** This is where you can get really creative! **Nut Butter:** Before chilling,

drizzle on some warmed peanut butter, almond butter, or tahini.

**Dried Fruit:** Add some chopped dried cranberries, apricots, or cherries for extra chewiness and tartness.

**Spices:** A dash of cinnamon, cardamom, or even a pinch of cayenne can add a wonderful warmth.

**How to Make Chocolate Date Bark:**

**Prep Your Pan:** Line a small baking sheet or a large plate with parchment paper. This is essential to prevent sticking and makes for easy cleanup.

**Create the Date Base:** Arrange the chopped or halved dates on the parchment paper. Use your fingers or the bottom of a glass to press them down firmly, creating a single, even, rectangular layer. You want to squish them together so there are no major gaps.

**Melt the Chocolate:** Melt your chocolate in a microwave-safe bowl in 30-second increments, stirring in between until smooth. Alternatively, use a double boiler.

**Assemble the Bark:** Pour the melted chocolate over the flattened date layer and use a spatula to spread it out evenly, covering all the dates.

Immediately sprinkle the chopped nuts, shredded coconut, and a generous pinch of flaky sea salt over the top.

**Chill Until Firm:** Place the baking sheet in the refrigerator for at least 1 hour, or until the chocolate is completely hard.

**Break and Serve:** Once firm, lift the parchment paper from the baking sheet and break the bark into rustic, bite-sized pieces.

**Tips for Success:**

**Flatten the Dates Well:** The most important step is creating a solid, cohesive base with the dates. Pressing them down firmly ensures the bark holds together perfectly when you break it.

**Don't Skip the Salt:** A little flaky sea salt on top makes all the difference! It enhances the flavor of the chocolate and balances the sweetness of the dates for a truly irresistible treat.

**Toast Your Nuts:** For an extra layer of flavor, toast your nuts in a dry skillet over medium heat for 3-5 minutes until fragrant before chopping and sprinkling them on top.

**Work Quickly:** Once your chocolate is melted and poured, sprinkle on your toppings right away before the chocolate begins to set.

**Storage and Leftover Tips:**

**Refrigerator:** Store the date bark in an airtight container in the refrigerator. It will stay fresh and delicious for up to 2 weeks.

**Freezer:** For longer storage, you can freeze it! Place the pieces in a freezer-safe bag or

container, where they will keep for up to 3 months. It's actually delicious straight from the freezer for an extra-crunchy treat.

More No-Bake Recipes You Will Love:

This S'mores Bark is My Favorite No-Campfire Treat: Another incredibly easy bark recipe for when a different kind of craving hits!

These No-Bake Peanut Butter Oatmeal Bars: The perfect healthy snack to keep on hand for busy days.

This Edible Cookie Dough is My Favorite No-Bake Treat: Satisfy those late-night cravings safely and deliciously.

This Brownie Batter Dip is My Favorite No-Bake Dessert: All the flavor of brownies, no baking required.

These Old School No-Bake Cookies Never Fail Me: A timeless classic for a reason!

Final Thoughts:

## DIRECTIONS

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- 2. Create the : Date Base:** Arrange the chopped or halved dates on the parchment paper. Use your fingers or the bottom of a glass to press them down firmly, creating a single, even, rectangular layer. You want to squish them together so there are no major gaps.
- 3. Melt the : Chocolate:** Melt your chocolate in a microwave-safe bowl in 30-second increments, stirring in between until smooth. Alternatively, use a double boiler.
- 4. Assemble the : Bark:** Pour the melted chocolate over the flattened date layer and use a spatula to spread it out evenly, covering all the dates. Immediately sprinkle the chopped nuts, shredded coconut, and a generous pinch of flaky sea salt over the top.
- 5. Chill : Until Firm:** Place the baking sheet in the refrigerator for at least 1 hour, or until the chocolate is completely hard.
- 6. Break and : Serve:** Once firm, lift the parchment paper from the baking sheet and break the bark into rustic, bite-sized pieces.
- 7. Tips for Success: Flatten the Dates Well:** The most important step is creating a solid, cohesive base with the dates. Pressing them down firmly ensures the bark holds together perfectly when you break it.
- 8. Don't : Skip the Salt:** A little flaky sea salt on top makes all the difference! It enhances the flavor of the chocolate and balances the sweetness of the dates for a truly irresistible treat.

9. **Toast : Your Nuts:** For an extra layer of flavor, toast your nuts in a dry skillet over medium heat for 3-5 minutes until fragrant before chopping and sprinkling them on top.
10. **Work : Quickly:** Once your chocolate is melted and poured, sprinkle on your toppings right away before the chocolate begins to set.
11. **Storage and Leftover Tips:** This bark needs to be kept cool to stay firm.
12. **Refrigerator:** Store the date bark in an airtight container in the refrigerator. It will stay fresh and delicious for up to 2 weeks.
13. **Freezer:** For longer storage, you can freeze it! Place the pieces in a freezer-safe bag or container, where they will keep for up to 3 months. It's actually delicious straight from the freezer for an extra-crunchy treat.
14. **More No-Bake Recipes You Will Love:** If you're a fan of easy, no-bake treats that deliver on flavor, you're in the right place. Here are a few more of my favorites that I know you'll enjoy:
15. **This S'mores : Bark is My Favorite No-Campfire Treat:** Another incredibly easy bark recipe for when a different kind of craving hits!
16. **These : No-Bake Peanut Butter Oatmeal Bars:** The perfect healthy snack to keep on hand for busy days.
17. **This : Edible Cookie Dough is My Favorite No-Bake Treat:** Satisfy those late-night cravings safely and deliciously.
18. **This : Brownie Batter Dip is My Favorite No-Bake Dessert:** All the flavor of brownies, no baking required.
19. **These : Old School No-Bake Cookies Never Fail Me:** A timeless classic for a reason!
20. **Final Thoughts:** This Chocolate Date Bark has become a staple in my house, and I hope it becomes one in yours, too. It's the perfect blend of simple, healthy, and decadent. I can't wait to hear what you think and what creative topping combinations you come up with!
21. **Drop a comment below to let me know if you tried it, and don't forget to follow ChefManiac on social media for more recipes that make life a little more delicious.**

## SWAPS & NOTES

of a decadent candy bar but is packed with fiber from dates, healthy fats from nuts, and antioxidants from dark chocolate.

**Naturally Sweetened:** The dates provide a deep, caramel-like sweetness, which means you don't need any added sugar.

It's a natural energy boost that satisfies your sweet tooth.

**Endlessly Customizable:** This recipe is more of a template than a strict formula.

## TIPS FOR SUCCESS

**Flatten the Dates Well:** The most important step is creating a solid, cohesive base with the dates.

Pressing them down firmly ensures the bark holds together perfectly when you break it.

**Don't Skip the Salt:** A little flaky sea salt on top makes all the difference!

It enhances the flavor of the chocolate and balances the sweetness of the dates for a truly irresistible treat.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/how-to-make-healthy-date-bark-with-chocolate-and-nuts/>