



GUIDE LITTLE MINDS

MEAL GUIDE FOR
BUSY MINDS

INTRODUCTION

- Meal planning and cooking can be a challenge for people affected by ADHD. Preparation, time management, decision-making, and following multiple steps are all skills involved in creating any meal. Frustrated, many people with ADHD decide to eat out or order in rather than cook for themselves. Unfortunately, takeout and restaurant meals often lack important nutrients that your body needs.
- When you cook at home, you know exactly what you're putting into your dish. You can use fresh and healthy ingredients that are low in fat, sugar, and salt without artificial ingredients and additives that can make ADHD symptoms worse for some people. Eating healthy foods can make ADHD symptoms easier to manage.
- This cookbook is designed to make the kitchen a friendly space by offering quick, simple, and easy recipes and healthy food choices.

Breakfast

For people with ADHD, the old saying is true: Breakfast is the most important meal of the day. A nutrient-packed and protein-rich breakfast in the morning improves performance, attention span and behavior, while helping to lower depression and anxiety. According to a study published in the *Journal of Psychiatric Research*, a high-protein breakfast was significantly more effective at increasing performance on tests and attention span for hyperactive children, than a high-carbohydrate breakfast.¹

Some ADHD medications act as appetite suppressants, making people less hungry especially during lunchtime. Some doctors recommend waiting to take these medications until after eating a healthy protein-rich breakfast to fuel the body. Protein helps feed your brain, supporting memory and learning, and reduces hunger-induced mood swings.

For mornings when you need a quick breakfast, try some of these simple high-protein breakfast ideas to give long-lasting energy while feeding your brain.

Simple High-Protein Breakfast Ideas:

1. Natural peanut butter on whole grain bread
2. Whole grain cereal with milk
3. Plain yogurt with fresh fruit
4. Grilled cheese sandwich made with whole grain bread
5. Mixed unprocessed nuts or seeds, fresh fruit, glass of milk or orange juice
6. Hard-boiled eggs, whole grain toast, and fruit
7. Oatmeal with berries and nuts or granola
8. Change it up: have dinner leftovers for breakfast

Breakfast Shake

Ingredients

- 6 tablespoons milk
- 6 tablespoons plain yogurt
- 1 tablespoon ground flax seed or chia seed
- 3 tablespoons protein powder
- ½ cup blueberries, strawberries or peach slices (fresh or frozen)
- 1 teaspoon (optional) of raw sugar, honey, agave, or stevia to sweeten

Directions

1. Blend all the ingredients in blender on high until smooth.
2. Serve immediately.

Serving size: 1



Eating Tip!!

People with ADHD are more likely to eat while doing something else. Our bodies are not meant to break down food when we are moving. Sitting down and eating without distractions can help prevent irritable bowel syndrome, nausea, and kidney stones.²

Pancakes

Ingredients

- 1 egg
- 1 cup of milk or water
- 1 tablespoon canola oil
- 1 teaspoon vanilla
- 1 cup whole wheat flour
- 1 teaspoon baking powder

Directions

1. Combine the flour and baking powder in a small mixing bowl and blend with a wire whisk.
2. In a medium bowl mix the egg, oil, rice milk or water, and vanilla with the whisk.
3. Add the dry ingredients (flour and baking powder) to the wet ingredient mixture.
4. Blend thoroughly, the batter should be thin.
5. Pour batter on a pre-heated and oiled skillet.
6. Once several bubbles form on the top of the pancake, flip it over.
7. Serve with almond butter, pure maple syrup, jam, or stewed fruit.

* For additional flavors or as a special treat, add cinnamon, coconut, almonds, fruit or nuts as pancakes cook or blend them into batter.

Baked Avocado & Egg

Ingredients

- 1 ripe avocado, sliced in half and with pit removed
- 2 eggs
- Salt
- Pepper
- Shredded cheese

Directions

1. Preheat oven to 425°F.
2. Slice your avocado in half and remove the pit.
3. Flip each avocado side over and slice off enough of the rounded skin so it can sit flat.
4. Place avocados, open pit side up on a baking pan and sprinkle some salt into each opening.
5. Crack one egg into each half of the avocado.
6. Sprinkle salt, pepper and seasoning of your choice on the egg.
7. Bake for 16-18 minutes or until the egg has fully set.
8. Sprinkle shredded cheese on top for taste and serve.



Servings: 2

French Toast Casserole

Ingredients

- 1 lb. loaf cinnamon swirl bread
- 6 eggs
- 3 cups milk
- 2 teaspoons pure vanilla
- Optional: pure maple syrup

Directions

1. Cut the loaf of bread into cubes and set aside.
2. Put the eggs, milk and vanilla in a medium bowl and stir until evenly combined.
3. Dump the bread cubes into a one-gallon freezer bag.
4. Pour the egg mixture in the bag on top of the bread cubes. Seal, label and freeze.
5. Thaw the bag at least overnight in the refrigerator.
6. Dump contents of the bag into a greased (butter) 9"x13" medium pan.
7. Bake uncovered at 350°F for 55-65 minutes.
8. Cook until the center of the casserole does not jiggle when the pan is shaken.
9. Remove from oven and serve with pure maple syrup if desired.

Servings: 6

Breakfast Scrambler

Ingredients

- 2 tablespoons olive oil
- 4-6 potatoes (red or brown or Yukon Gold), cut into approximately ½ inch cubes
- ½ cup mild onion, diced
- 1 medium green or yellow bell pepper, cut into strips
- 1 medium red bell pepper, cut into strips
- 1 ½ lbs. fresh mild (or hot) Italian pork sausage (either not cased or in casing)
- 8 large eggs, beaten
- Salt, pepper and crushed red pepper to taste (optional)



Directions

1. Pre-cook sausage in a pan (no oil). If sausage is in casing, either remove casing or slice the links. Brown sausage over high heat while breaking it into smaller bite sized pieces.
2. When sausage is browned, remove sausage with slotted spoon onto a paper towel and pour the liquid (fat) out of pan.
3. Heat olive oil in the same pan over medium high heat.
4. Add potatoes and cook, stir and turn over occasionally for about 8 minutes.
5. Add the onion and continue cooking until the onion is softened and the potatoes are crispy on the outside and softened on the inside, about 5 more minutes.
6. Add the peppers, stir and cook for 2 more minutes.
7. Add sausage pieces to the pan and cook 1-2 minutes, until heated through.
8. Move potato mixture to the outside edges of the pan and add the beaten eggs to the center.
9. Wait until the bottom of the eggs begins to set, and then scramble lightly.
10. Gently distribute the scrambled eggs throughout the vegetable/sausage mixture.
11. Season with spices (salt, pepper, crushed pepper) to taste.
12. Serve.

Servings: 6-8



Snacks

According to Harvard Medical School, beverages and foods high in artificial flavors, sweeteners, and dyes may increase hyperactivity and affect other symptoms for some people with ADHD.³ Try to avoid sodas, energy drinks, and fruit juices that contain artificial flavors, coloring, and sweeteners. Sugary drinks are also not healthy, so avoid these as well. The healthier drink is always plain water.

Snacks that are low in sugar, yet high in fiber help maintain energy and stabilize blood-sugar balance throughout the day.

Low-Sugar, High-Fiber Snacks:

1. Hummus on pita bread or with raw vegetables
2. Peanut butter (or almond butter) & jam on whole grain bread
3. Whole wheat crackers or pretzels with cheese
4. Fresh, hot-air popped popcorn, with little or no butter or salt
5. Veggie sticks (carrots, celery, sweet peppers) with tasty dips (peanut butter, hummus, cottage cheese, low-fat dressings)
6. Dried fruits and nuts
7. Fresh fruit

Cucumber Salad

Ingredients

- 5 oz. arugula
- 3 medium cucumbers, cut into 1-inch pieces/cubes
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon sea salt

Directions

1. Combine all ingredients in a large bowl.
2. Serve.

*Optional: serve with chicken, salmon, tuna, hard-boiled egg, shrimp or black beans for added protein.

Servings: 6

Eating Tip!!

People with ADHD who experience hyperactivity often use more energy throughout the day and may need to eat more calories than people without ADHD to replenish and fuel their body.⁴

Pumpkin Pie Oatmeal Smoothie

Ingredients

- 1/4 cup unsweetened Greek yogurt, plain
- 1/4 cup canned pumpkin puree
- 3/4 cup milk
- 1/4 cup rolled oats
- 2 tablespoon pure maple syrup
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon pure vanilla extract
- 1/2 cup ice cubes

Directions

1. Place all ingredients into a blender and secure the top.
2. Blend until smooth.
3. Pour into a cup/glass and serve.

Servings: 1



Peanut Butter Oatmeal Energy Bites

Ingredients

- 1 cup oats
- $\frac{2}{3}$ cup toasted shredded coconut
- $\frac{1}{2}$ cup peanut butter
- $\frac{1}{2}$ cup mini chocolate chips
- $\frac{1}{2}$ cup organic honey
- 1 tablespoon chia seeds
- 1 teaspoon vanilla

1. Combine all ingredients in a large bowl.
2. Roll the mixture into 1-inch round balls and place on parchment paper.
3. Place in refrigerator for a few minutes until firm and then transfer into an air tight container.
4. Refrigerate and enjoy for up to one week.

Servings: 6-8



Cherry Chocolate Pretzel Bites

Ingredients

- 1 cup pretzels
- $\frac{1}{2}$ cup chocolate spread
- $\frac{1}{2}$ cup dried cherries
- $\frac{1}{2}$ cup mini chocolate chips
- $\frac{1}{2}$ cup toasted coconut flakes
- 2 teaspoon vanilla
- 2 tablespoon honey

* Optional add-ins: sunflower seeds, chia seeds, dried cranberries

Directions

1. Crush the pretzels into small bits
2. Place all the ingredients into a large bowl and mix them together.
3. If the mixture is too sticky, add more pretzels.
4. If it isn't sticky enough, add chocolate spread.
5. Roll into small one-inch balls.
6. Refrigerate in an air tight container up to one week.

Servings: 6-8



Dinner



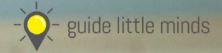
When it comes to ADHD, what you eat matters! Individuals with ADHD often have difficulties digesting and breaking down food into the simple nutrients their bodies need to thrive.⁵ These simple, yet nutritious dinner recipes focus on ingredients and foods that are not only healthy, but also support digestion.

Many diets lack omega-3 fatty acids, which are essential and research shows can help people improve their ADHD symptoms. You can increase omega-3 fatty acids by adding tuna, salmon, other cold-water white fish, walnuts, Brazil nuts, chia seeds, flax seeds, and olive and canola oil in your diet. Meal prep and organizing your kitchen is a good time to bring your children in to help with dinner, while learning valuable time management and organization strategies.

Time-Saving Dinner Short Cuts:

- Use a rotisserie chicken from the grocery store instead of cooking a fresh chicken.
- Grab fresh or cooked vegetables from the salad bar at the grocery store.
- Use frozen vegetables to save the time of washing and cutting up fresh ones. Frozen vegetables keep a majority of their nutrients.
- Eat breakfast for dinner.
- Use leftovers to create a new meal (leftover chicken from the night before can become chicken tacos for the next night).

Dinner Prep Tips:



Dinner Prep Tips:

1. Create a schedule; plan your meals for the week.
2. Organize your kitchen, putting your most used ingredients and equipment in easy-to-reach places.
3. Determine what ingredients need to be prepped (chopped, cleaned, marinated overnight, etc.)
4. Pre-heat your oven in advance; this can be done while prepping your ingredients.
5. Defrost foods in the refrigerator in advance.
6. Read through your recipe twice, highlighting major steps as necessary.
7. Set out all of your ingredients and equipment before you begin cooking.
8. Pre-measure all necessary ingredients needed for recipe.
9. Have your trash can close by so you can clean your space frequently.
10. Clean, drain, and rinse any canned or fresh vegetables.
11. When boiling water, cover the pot. Water boils faster when covered.
12. Sometimes cooking involves idle time while you wait for your food to cook in the oven or on the stove. You can use this time to:
 - prepare for the next step in recipe
 - clean dishes
 - set the table
13. Use a timer to keep track of cooking time.
14. Meal prep and organizing your kitchen is a good time to bring your children in to help with dinner and teach them valuable time management and organization strategies.

Cauliflower Mac & Cheese

Ingredients

- 1 lb. penne pasta
- 1 cup 2% or whole milk
- 1 lb. shredded cheddar cheese (or a mixture of your favorite real cheeses)
- ½ head cauliflower, cut into florets
- ¼ cup grated Parmesan cheese
- 3 tablespoons chopped flat-leaf parsley
- 1 tablespoon melted butter
- ½ cup bread crumbs

Directions

1. Preheat oven to 350°F.
2. Follow package instructions to cook pasta.
3. Steam cauliflower until soft, about 10 minutes.
4. In a blender, puree the cauliflower, adding steaming liquid to thin the puree as necessary. Be careful to put the lid on the blender to avoid scalding yourself.
5. In medium-sized (9"x13") dish, combine the pasta, hot cauliflower puree, milk, both cheeses, and parsley.
6. Season with salt and pepper to taste.
7. In a small bowl, mix the butter, grated parmesan, and breadcrumbs until it has a sandy texture.
8. Sprinkle butter and breadcrumb mixture over the pasta mixture.
9. Bake for 20 minutes until the top is crispy.



Chicken Enchiladas

Ingredients

- 2 cups cooked shredded chicken (you can use a rotisserie chicken or cook your own)
- 2 cups of your favorite salsa
- 2 cups of shredded cheese (cheddar, jack or provolone)
- 8 flour or corn tortillas (8-10 inch size)

Directions

1. Preheat the oven to 350°F.
2. In a bowl mix together the shredded chicken, 1 cup of salsa, and 1 cup of cheese.
3. Spoon 1/3 of a cup of the filling onto each tortilla and roll the tortilla up.
4. Place each filled tortilla in a 9"x13" pan with the seam face down.
5. Pour the remaining 1 cup of salsa on top of the rolled tortillas, making sure that all of them are covered.
6. Sprinkle the remainder 1 cup of cheese on top.
7. Bake for 30 minutes.
8. Adjust salsa and cheese amounts to taste.

Servings: 6-8

Sloppy Joe Stuffed Peppers

Ingredients

- 4 bell peppers (your choice of color; yellow, red, or orange are sweeter than green peppers)
- 1 lb. lean ground turkey or beef
- 1 can sloppy Joe sauce
- 1 tablespoon of olive oil
- ½ - ¾ cup shredded cheddar or pepper jack cheese

*Optional: use cooked rice and peppers for added texture or flavor

Directions

1. Preheat oven to 350°F.
2. Remove the stem from the peppers.
3. Cut the peppers in half and remove the seeds and membranes, making sure not to poke through pepper.
4. Place the peppers in a large oven-safe dish sprayed with nonstick spray.
5. Bake in the oven for 10-15 minutes, or until slightly softened.
6. In a large skillet over medium high heat, add the olive oil.
7. Once the oil is hot but not smoking, add the ground turkey or beef.
8. Cook and break the meat apart as it browns.
9. Add in the sloppy Joe sauce once your meat is cooked, cook until the sauce begins to bubble, cover, and reduce to low heat.
10. Pull your softened peppers out of the oven.
11. Spoon the sloppy Joe meat mixture into the pepper halves.
12. Bake for 10-15 minutes, or until the mixture is hot and the peppers are tender.
13. Remove peppers from the oven and then top each pepper half with cheeses.
14. Bake for another 2-3 minutes until the cheese has completely melted.



Servings: 6

Eating Tip!!

Try healthier cooking options such as baking, roasting, grilling, boiling, or broiling your meats rather than deep frying. Research suggests cooking meat in low to medium heat to reduce risk of cancer-causing compounds that can form when meat is cooked at high temperatures.⁶

Pizza (Cauliflower crust)

Ingredients

- 2½ cups cauliflower, grated
- 1 large egg, lightly beaten
- 1¼ cups shredded mozzarella cheese
- 2 tablespoons grated parmesan cheese
- ¼ cup tomato sauce
- 1 cup grape tomatoes, sliced in halves
- 2 cloves garlic, sliced
- ¼ teaspoon crushed red pepper flakes

*Optional toppings: olives and peppers

Directions

1. Line a baking sheet with parchment paper and preheat oven to 425°F.
2. Grate the cauliflower until you have two cups of cauliflower crumbs.
3. Place the cauliflower in a large bowl and microwave for 7-8 minutes, or until soft.
4. Mix in the egg, one cup of mozzarella, and Parmesan cheese.
5. Add salt and pepper for taste.
6. Spray the prepared pizza pan lightly with nonstick spray.
7. Pat the combined ingredients into a pizza pan and bake in the oven for 10-15 minutes, or until golden.
8. Top the pizza with the sauce, ¼ cup mozzarella, grape tomatoes, garlic and red pepper flakes.
9. Place the pizza back into the oven, until the cheese is melted, approximately another 10 minutes.



Servings: 6

Eating Tip!!

Fish is brain food! Studies have found that children with ADHD tend to have lower levels of long-chain fats found in fish compared to their peers without ADHD. Your brain is 25 percent DHA (a fat found in fish), so it is an important component of your diet.⁷ Incorporate fresh fish in your diet, especially fish with high omega-3 fatty acid levels such as anchovies, mackerel, salmon, sardines, swordfish, sea bass, and trout.

Sesame Salmon Burgers

Ingredients

- 1 pound salmon, remove skin
- 1 tablespoon toasted sesame oil
- 1 tablespoon red wine, rice or sherry vinegar
- 1 clove garlic, pressed
- 1 teaspoon ginger
- ¼ cup chopped scallions (white and green parts)
- ¼ cup toasted sesame seeds
- 2 large eggs
- 1 tablespoon flour (you can use organic coconut, chickpea or almond flour as healthy alternatives)
- 3 tablespoons canola or olive oil

Directions

1. Rinse salmon, pat dry and cut into ¼ inch cubes
2. In a large bowl, combine salmon, 2 tablespoons oil, vinegar, ginger, garlic, scallions, sesame oil, sesame seeds, and eggs.
3. Stir flour into mixture until it thickens.
4. Form mixture into 12 round patties.
5. Heat 1 tablespoon oil in a skillet over medium-high heat.
6. Cook patties for 4-6 minutes per side, until golden brown.
7. Transfer patties onto a plate lined with paper towels to soak up excess oil and serve hot.

Servings: 8 burgers

Rosemary Lemon Chicken

Ingredients

- 1 pound skinless, boneless chicken breast
- 2 tablespoons olive oil
- ¼ cup lemon juice
- 2 cloves garlic, pressed
- ¼ cup fresh rosemary, minced
- ½ teaspoon sea salt

Directions

1. In a medium bowl, combine olive oil, lemon juice, garlic, rosemary, and salt to make the marinade.
2. Place the chicken breasts in a medium-sized (9"x13") baking dish or large plastic bag.
3. Pour the marinade mixture over chicken, cover and refrigerate for at least 30 minutes or up to 6 hours.
4. Heat the barbecue grill and spray with cooking oil, and cook the chicken for 5-7 minutes per side until browned and cooked in the center and serve.



Servings: 4

Cauliflower Leek Soup

Ingredients

- 1 tablespoon unsalted butter
- 1 tablespoon all-purpose flour (gluten-free option: potato or chickpea flour)
- 4 cups reduced sodium chicken or vegetable broth
- 3-4 thin leeks or 2 large/thick leeks, root bottoms and topmost “tough” part of dark leaves
- 1 medium head cauliflower, chopped (~1½ florets)
- Kosher salt and fresh pepper to taste

*Optional toppings: crumbled bacon, shredded cheddar, scallions



Directions

1. Separate leeks leaves and wash to remove all grit. Coarsely chop them when washed.
2. In a large soup pot, melt butter and add flour on low flame.
3. Stir and cook for 1-2 minutes until flour is absorbed and blended into butter.
4. Add broth, leeks, and cauliflower and bring to a boil.
5. Cover and simmer on low for about 30 minutes.
6. Using an immersion blender, blend the soup until it is smooth.
7. You can use a regular blender or food processor, and blend quantities in batches. If blended, return blended soup to pot to heat through.
8. Add salt and pepper to taste.
9. Serve immediately; top with optional toppings if desired.

Servings: 6-10

Chicken with Mushroom Cream Sauce

Ingredients

- 1 pound chicken breast tenderloins or skinless chicken breast cut in strips
- 1 package wild and/or baby bella mushrooms
- 3-4 cloves minced garlic (or pre-minced)
- Olive oil
- 1 can evaporated milk or 1 cup of heavy whipping cream
- Pinch of nutmeg
- Lawry's seasoned salt

Directions

1. Preheat oven to 175°F.
2. Sprinkle chicken with seasoned salt.
3. Slice mushrooms
4. Sauté chicken breasts in olive oil until fully cooked and browned. This will take a few batches, but don't overcrowd the pan.
5. Place cooked breasts in a shallow baking dish in the oven as finished to keep warm. The chicken will finish cooking a little in oven.
6. In the same pan you cooked the chicken in, add the mushrooms and sauté.
7. Wait until the mushrooms are cooked and then add the garlic and cook for 1 minute.
8. Add the milk or cream.
9. Let the sauce cook until it thickens, about 10 minutes. Add a pinch or so of nutmeg to the sauce.
10. Add salt and pepper to taste.
11. Serve with cooked pasta or rice.



Desserts



Satisfy your sweet cravings by substituting naturally sweetened desserts for the artificially flavored store-bought ones. Try to avoid additives, preservatives, and artificial dyes and flavors that can make your ADHD symptoms worse, particularly if you have food sensitivities.

Reduce simple carbohydrates (candy, corn syrup, products made from white flour, white rice, etc.) and replace them with more complex carbohydrates (oatmeal, brown rice, quinoa, beans, and whole wheat flour). Complex carbohydrates may even help you sleep better at night. Using fruits, including apples, oranges, or prunes to sweeten desserts instead of sugar or sweeteners can make them healthier, add fiber, and improve flavor.

Quick and Simple Desserts:

1. Fresh fruit salad
2. Fried or baked banana with honey
3. Raspberry and strawberry puree over yogurt
4. Banana and peanut butter
5. Greek yogurt with fresh fruit and dark chocolate pieces
6. Baked apples with cinnamon

Banana “Ice Cream”

Ingredients

- 2 bananas (no substitutions will work)

*Optional: peanut butter/nut butter or chocolate chips

Directions

1. Peel and slice bananas into halves and put in freezer bag.
2. Place bag in freezer and let freeze overnight.
3. Blend or puree the frozen bananas in a blender or food processor until it is smooth (ice cream consistency).
4. Add optional ingredients for flavor.
5. Serve immediately.

Servings: 1

Peach Popsicles

Ingredients

- 1 can of peaches in natural or no-sugar-added peach juice

Directions

1. Empty can of peaches and juice into a blender
2. Secure lid and blend until liquefied
3. Pour peach liquid into popsicle molds
4. Freeze until solid and serve.

Servings: 4-6



Peanut Butter Truffle Cookies

Ingredients

- 1 cup creamy peanut butter
- 1 cup light brown sugar
- 1 large egg
- 1 teaspoon baking soda
- ½ cup semisweet chocolate chips

Directions

1. Preheat oven to 350°F.
2. Cream together the ingredients, except for chocolate chips, in a bowl.
3. Add chocolate chips to your desire.
4. Make rounded teaspoon-sized dough balls and place onto a greased cookie sheet.
5. Bake for 9 minutes.
6. Cool for 5 minutes on sheet before removing.

Servings: Approximately 32 cookies

Pears Baked in Cream

Ingredients

- 4 large fresh pears
- honey
- 1 cup cream
- Toasted unsweetened, slivered coconut to garnish

Directions

1. Peel, halve and core pears
2. Place pears in oven-proof dish
3. Drizzle in honey
4. Pour in cream and bake at 375°F for about 30 minutes or until pears are tender.
5. Remove from oven and sprinkle toasted coconut on top
6. Serve

Servings: 4

*Remember, children younger than a year old should NOT have honey.

Eating Tip!!

A combination of protein, fiber, and carbohydrates (like a banana and a scoop of peanut butter) before bed may help you sleep better. A healthy dessert 30 minutes to an hour before bedtime is suggested.⁸

Chocolate Bark

Ingredients

- 2 cups dark chocolate chunks or milk chocolate or semi-sweet chocolate chips
- 1/3 cup nuts (crushed, unsalted)
- 1/3 cup dried cranberries
- 1/2 teaspoon coarse sea salt

Directions

1. Preheat oven to 200 °F.
2. Place chocolate in oven-safe dish and melt, checking periodically (approx. 8-10 min). May also use microwave (heat in 20-second intervals, stirring in between, until smooth) or use a double boiler.
3. Pour chocolate into a 8x8 inch baking dish lined with parchment paper.
4. Sprinkle pistachios and cranberries over chocolate
5. Using a spatula to spread the mixture evenly back and forth to around 1/2 inch thickness
6. Sprinkle salt over bark
7. Refrigerate for 1-2 hours to set.
8. Cut into 16 squares and serve.

Servings: 12



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