

# Keto Rose & Pistachio Chocolate Bark

Hands-on 10 minutes Overall 45 minutes

**Nutritional values (per serving, about 28/ 1 oz):** Total carbs: 5.9 g, Fiber: 2.2 g,

**Net carbs: 3.8 g**, Protein: 3.3 g, Fat: 14.7 g, Calories: 153 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 8 servings)

200 g good quality [90% dark chocolate](#) or at least [85% dark chocolate](#) (7.1 oz)

2 tbsp organic [dried rose petals](#) or a few drops of rose water

1/3 cup [pistachio nuts](#), unsalted and shelled (41 g/ 1.4 oz)

[Free & premium keto diet plans](#)

## Instructions

1. Weigh and measure out all ingredients.
2. Roughly chop the pistachios — you want a mix of slightly bigger pieces as well as much smaller ones. I like to crush mine a little so that the smaller pieces resemble a powder — this is purely an aesthetic thing though, you don't need to go this extra step if you don't want to.
3. Melt the chocolate either in a saucepan over low heat stirring constantly, or in the microwave.
4. Line a baking tray with baking paper, and pour the chocolate on. Use a knife or spatula to spread out the chocolate to roughly 2-3 mm/ 0.1" thickness.
5. Sprinkle over the pistachios and rose petals.
6. Place the tray in the freezer for around half an hour, then remove and snap the bark to make shards or other desired shapes.
7. Enjoy immediately or store in a sealed container in the fridge for up to two weeks. This bark is the perfect edible gift option! Just wrap it up or place in a decorative box. For longer storage, freeze for up to three months.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)