

Raspberry Pistachio Chocolate Bark



I kept seeing those viral date barks everywhere and finally decided to make my own version — and wow. This one has everything I love: gooey Medjool dates, creamy peanut butter, crunchy pistachios, a pop of tart raspberry, and dark chocolate to bring it all together. As a dietitian, I love a sweet treat that's also nutritious. I used freeze-dried raspberries from Lyo & Co, and they're perfect here — they stay crisp, add the right tangy contrast, and don't make the bark soggy like fresh or frozen fruit would. It's sweet, salty, a little fancy, and ridiculously easy to make. I keep a stash in the freezer for when I want something satisfying but still feel like I'm snacking on candy.

Preparation 5 min
Cooking 7 min
Servings 8
Nutrition Facts (per serving)
Calories 160
Fat 6
Carbohydrates 35
Fibre 2
Protein 2
Sodium 60

Ingredients

- 12 Medjool dates, pitted

- 15 ml (1 tbsp) pistachios, roughly chopped
- 5 ml (1 tsp) chia seeds
- 30 ml (2 tbsp) freeze-dried raspberries
- 3 oz (85 g) 85% dark chocolate
- Flaky salt, to taste

Preparation

1. Line a small tray or dish with parchment paper.
2. Open the dates and place them side by side, cut side up, to form a sticky rectangular base.
3. Spread peanut butter evenly over the dates, then sprinkle with pistachios, chia seeds, and freeze-dried raspberries.
4. In a microwave-safe bowl, melt the chocolate for 40 to 60 seconds, stirring every 20 seconds with a fork, until smooth.
5. Pour the melted chocolate over the dates and spread evenly. Top with extra raspberries and pistachios, if desired. Sprinkle with flaky salt.
6. Freeze for 20–30 minutes, or until firm.
7. Slice or break into pieces. Store in an airtight container in the freezer.

Notes

Can be frozen up to 3 months in an airtight container.



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