Cacao and Sea Salt Bark Recipe: The Perfect Eczema-Friendly Holiday Treat

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Cacao and Sea Salt Bark

With the holidays right around the corner let’s indulge in some candy goodness, shall we? Cocoa and sea salt bark is the perfect treat to make ahead. Just store it in the freezer and bring to room temperature, while serving mugs of warming beverages to guests on a cold winter’s day.

Or even better, to give as a gift for family and friends. Who wouldn’t love a little package of cocoa and sea salt bark sitting under the tree?

Santa may even indulge in a little bite. And who doesn’t want to make him happy? Best of all, we get all of this flavor without any sugar. We’re just letting the simple ingredients in this bark shine on its own — a beautifully rich chocolate flavor without any cloying sweetness.

Another bonus is the fact that cocoa butter is made from cocoa beans, which are loaded with antioxidants. Antioxidants are wonderful for maintaining heart health and for lowering inflammation.

Cocoa butter is also fantastic as a skin moisturizer. It stays on the skin for hours and heals dry and cracked skin. It also works incredibly well as a shaving cream, for helping chapped lips and sunburns. But let’s get back to food!

Feel free to add cocoa butter to a variety of recipes to impart a subtle chocolate flavor. Add a little bit to cookies, cakes, or even a smidgeon to your favorite chili!

Cocoa butter is not the only healthy ingredient in this treat. Carob powder contains calcium, fiber and magnesium. It’s also caffeine-free, gluten-free and is also a very good source of antioxidants.

So, when getting ready for the most social time of the year, whip up a batch of this bark. (Or several batches!) Get ready to delight your family, friends and postal carrier.

Cacao and Sea Salt Bark Recipe

This makes approximately 10 servings.

Ingredients:

- 2 cups cocoa butter.
- 1 cup carob powder.
- 1 teaspoon Maldon Sea Salt Flakes (or another sea salt without caking agents).

Instructions:

1. Fit a small baking sheet (approximately 10 inches by 7 inches) with parchment paper. Reserve.
2. Bring a medium saucepan of water to a gentle simmer. Put the cocoa butter into a medium/medium-large metal mixing bowl that is slightly larger than the saucepan. Rest mixing bowl over the saucepan. Gently stir until the butter has melted. Stir in the carob powder, and gently whisk to combine.
3. Pour the mixture into the prepared baking pan. Use an offset spatula to even the mixture out. Sprinkle with the sea salt. Let it cool, and refrigerate until hardened.
4. Remove the bark from the parchment, and place in a large resealable plastic bag. Gently break into pieces using a rolling pin. Store in the freezer in a resealable plastic bag or airtight container for up to one month.

Other Eczema-Friendly Desserts

If this particular recipe does not interest you, there are other desserts that are eczema-friendly too. Let's explore the options.

Gingerbread

Nothing quite says the holidays like snacking on a gingerbread cookie. You may be surprised that this has made our friendly dessert list, but hear us out. If you use gluten-free flour, this can make for a great dessert!

For some people, gluten may trigger an eczema flare-up, so using gluten-free flour means you can still eat these yummy cookies.

Blend Up a Smoothie

While berry smoothies are recommended for their antioxidant properties, you can still make a fun and festive smoothie. Why not chop up some apples with yogurt and add a splash of caramel? Or, you can add fruits of your choice and sprinkle some cinnamon in it.

Pie

There are some limitations to this, but you can easily make an eczema-friendly pie. You can either buy pie crust or make your own, but ensure that it is gluten free. Pies are fun and simple because you can choose your own filling, which makes this a perfect dessert option for people who have eczema. Choose a fruit that is high in quercetin. This ingredient is similar to an antioxidant, so it reduces inflammation. Fruits with quercetin include apples and grapes. This means you do not have to miss out on that festive apple pie!

In Conclusion

Just because you have eczema does not mean you need to miss out on the holidays. If you are worried about a flare-up, make sure to wear comfortable, non-irritating clothing. Also, bring your topical ointment of choice so you can find relief. Lastly, eat foods that will not trigger symptoms! If you are worried, be sure to put a plan into place with your doctor.