



ALL JOURNEYS START WITH A SINGLE STEP

WHOLISTIC CRUNCH BARK™

HIGH PROTEIN. LOW NET CARBS. SATISFYING.

A crunchy chocolate snack made with just a handful of wholesome ingredients that delivers protein, fiber, healthy fats and lasting energy without the sugar crash.



HIGH PROTEIN



HIGH FIBER



LOW GLYCEMIC



HEALTHY FATS



MINERAL RICH



MEAL PREP FRIENDLY

INGREDIENTS

MAKES APPROXIMATELY 25 SNACK PIECES

- 1 cup Bake Believe Sugar-Free Chocolate Chips
- ¾–1 Tbsp Organic Virgih Coconut Oil
- 2 cups Dry Roasted Edamame (Green Soybeans)
- 1 cup Roasted Pumpkin Seeds (Pepitas)



PAUL'S TIP

- For cleanest cuts, refrigerate at least 20 minutes before slicing.
- Store in an airtight container in the refrigerator for grab-and-go snacks all week.
- For extra crunch, sprinkle a few pumpkin seeds over the top before refrigerating.

RECIPE (MAKES 25 PIECES)

- 1 Place chocolate chips and coconut oil in a microwave-safe bowl.
- 2 Heat for 15 seconds at a time, stirring between each interval until smooth. Usually takes 45–60 seconds. (A double boiler works equally well.)
- 3 Fold in the roasted edamame and pumpkin seeds until everything is evenly coated.
- 4 Line an 8x8 glass dish or baking pan with parchment paper.
- 5 Spread mixture evenly and gently press flat using a spatula.
- 6 Refrigerate about 20 minutes until completely firm.
- 7 Remove from refrigerator and cut into approximately 25 bite-sized squares.

NUTRITION INFORMATION

Serving Size: 1 square (1/25 recipe)

Calories	100	Vitamin D	0%
Protein	5 g	Calcium	2%
Fat	7 g	Iron	10%
Total Carbohydrates	8 g	Potassium	6%
Dietary Fiber	5 g	Magnesium	15%
Net Carbs	1–2 g	Zinc	10%
Added Sugar	0 g	Phosphorus	20%
		Manganese	40%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may vary depending on your calorie needs.

KEY BENEFITS



HIGH PROTEIN – Supports muscle maintenance and keeps you feeling fuller longer.



HIGH FIBER – Promotes digestive health and helps slow carb absorption.



LOW GLYCEMIC – Sugar-free chocolate and fiber-rich ingredients help minimize blood sugar spikes.



HEALTHY FATS – Pumpkin seeds and coconut oil promote satiety and sustained energy.



MINERAL RICH – Excellent source of magnesium, zinc, phosphorus, manganese and plant-based antioxidants.



MEAL PREP FRIENDLY – Stores well in the refrigerator and doesn't soften nearly as quickly as traditional fat bombs.



CLEAN INGREDIENTS



REAL FOOD



WHOLE-PERSON WELLNESS

POWERED BY



ROASTED EDAMAME
Complete plant protein, fiber and long-lasting energy.



PUMPKIN SEEDS
Magnesium, zinc, healthy fats and antioxidants.



SUGAR-FREE CHOCOLATE
Rich chocolate flavor with minimal impact on blood sugar.



CONTAINS SOY.

Paul Heitmann
Paul Heitmann

BOARD-CERTIFIED HEALTH & WELLNESS COACH
wholistichealthandhappiness.com

*Progress,
not perfection.*



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701-715-0502