



Ingredients

Base

100 g raw almonds

50 g dessicated coconut

50 g dates

Raw Mint Slice

20 g coconut oil

20 g raw cacao powder

pinch sea salt

Filling

80 g coconut oil

100 g coconut milk

160 g raw cashews soaked for at least 30 mins, drained

50 g rice malt syrup or honey

pinch sea salt 4-6 drops

peppermint oil (food grade)

Chocolate topping

50 g coconut oil

25 g raw cacao powder

50 g rice malt syrup or honey

Preparation

Base

Line a small slice tray with baking paper

Combine all base ingredients into high speed blender or food processor and process until crumb is ticking together

Transfer mixture to the lined tray, spreading out evenly to cover the base

Place in freezer while you make the filling

Filling

Combine all of the filling ingredients except the peppermint oil

Process at med-high speed until smooth and creamy, this may take 3-4 mins

Add the peppermint oil, start with 2 drops and increase to suit your taste, gently combine on a low speed

Pour filling over base and return to freezer

Chocolate Topping

Melt your coconut oil in a small saucepan then add cacao and sweetener, stirring gently to combine

Ensure that your topping has begun to set before pouring your chocolate topping over it!

Pour the topping carefully and tilt the tray to ensure that the filling is covered evenly

Return to the fridge or freezer to set and to store

