

Healthy Mint Chocolate Chip Bars

Healthy Num Num | Michelle

- prep time: 20 min
 - freeze time: 25 min
 - total time: 45 min
 - makes 8-10 bars
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Ingredients:

For the base:

- 1/2 cup hazelnuts
- 1/2 cup shredded coconut
- 1 cup pitted medjool dates (about 16-18 ish)
- 3 tablespoons cocoa powder
- 1 teaspoon vanilla
- pinch of salt

For the mint cream:

- 1 can of coconut cream (just the solid part) - about 1 cup
- 1 teaspoon vanilla
- 2 tablespoons honey or maple syrup
- 1/2 teaspoon spirulina powder for the green colour or food colouring
- 1/4 teaspoon mint extract
- chocolate chips for the top!
- mint leaves to garnish (optional)

Instructions:

1. First start by adding all the base ingredients together in a food processor and pulse until combined. Press the mixture into your pan. (I used a silicone pan so I did not need to line it with parchment.)
2. Add all the mint cream ingredients to the food processor and blend until smooth. Taste to make sure you like the amount of mint flavour and add more if you want a stronger taste!
3. Pour the mint cream over top the base and bang the container down a couple times on the countertop to get ride of any air bubbles.
4. Sprinkle chocolate chips and if using mint leaves over top!
5. Place in the freezer until set - around an hour.
6. Enjoy!