

# Mint Chocolate Slice



I feel like mint is synonymous with Christmas, don't you? And what better a way to have it than with chocolate? It's a winning combination in my book! Today I want to share with you my current favourite slice to make. It is so simple to put together and doesn't need cooking! It is a perfect treat to have in your fridge or freezer to whip out when a visitor pops over during the festive season (if you haven't eaten it all before they arrive)!

There are lots of different ways to make mint slice. I came up with this recipe so that the slice is **free of gluten, dairy and egg and is low FODMAP**. It also has ingredients that you really don't need to feel guilty about, which helps during the lead up to Christmas with all the parties and feasts!

I hope that you enjoy it!

## Chocolate Mint Slice

### Base

#### *Ingredients*

1 1/2 cup almond meal  
6 tablespoons desiccated coconut  
6 tablespoons raw cacao powder  
1/2 teaspoon salt  
3 – 4 tablespoons maple syrup

## **Mint middle**

### *Ingredients*

2 1/4 cups desiccated coconut  
3/4 cup coconut oil  
3 – 4 tablespoons maple syrup  
1 1/2 teaspoons peppermint extract

## **Chocolate top**

### *Ingredients*

6 tablespoons cacao  
75 g dark chocolate  
2 1/2 tablespoons coconut oil  
6 tablespoons maple syrup

### *Method*

1. Line a slice tin with baking paper
2. Place the base ingredients into a food processor. Blend until well combined
3. Put the base layer mix into the tin and press firmly so that it is flat and even. Place in the freezer
4. Wipe the food processor so that there isn't too much (if any) of the chocolate left so as to keep the middle layer as white as possible
5. Place the middle layer ingredients into the food processor. Blend until well combined (blend for less time if you want to keep the coarse coconut texture, and more if you want it smoother)
6. Take the tin from the freezer and scoop the middle layer mixture onto the base layer. Press firmly so it is flat and even. Return the tin to the freezer

7. Melt the dark chocolate

8. Combine the other three top layer ingredients in a bowl until well combined. Stir in the melted chocolate and let it cool

9. Remove the tin from the freezer and pour the chocolate mixture over the the coconut layer. Tap the tin gently on the bench so that the chocolate layer settles flat and smooth

10. Cover with cling wrap (trying to not sit the cling wrap on the soft chocolate) and return to the freezer until set and firm. Cut into desired shapes

Stores well in the freezer

