

Mint Chocolate Almond Bars

Prep time:

10 minutes

Cooking time:

5 minutes

Yields:

12 people

Ingredients:

2 cups rolled oats, processed into a flour (or 2 cups oat flour)

1 cup almond meal

¼ cup cocoa powder

1/2 tsp salt, or to taste

2 tbsp packed coconut sugar

2 tbsp almond milk

5 tbsp pure maple syrup

1/2 cup sliced almonds

¼ cup and 1 cup dark chocolate chips

1 tablespoon coconut oil

1 tsp peppermint extract

2 tablespoons fresh mint leaves

¼ cup spinach

1 cup coconut cream

Directions:

1. Spray an 8-inch pan and set aside.
2. If making oat flour, add 2 cups rolled oats into a high speed blender. Blend on high until a flour forms.
3. Add almond meal, cocoa powder, salt, and coconut sugar. Process until combined.
4. Add in the maple syrup and almond milk. Process until a ball forms. Fold in the sliced almonds and ¼ cup chocolate chips until combined.
5. Place mixture into prepared pan. Press down evenly with your hands and set aside.
6. Add remaining chocolate chips, coconut oil, and peppermint into a small pot. Melt on low until most of the chocolate has melted and remove from heat. Stir. Pour melted chocolate on top.
7. Smooth out with spatula and place in the freezer while you blend together mint, spinach and coconut cream.
8. Remove bars from the freezer and drizzle with mint mixture.

9. Place back in freezer for 10-15 minutes or until set.
10. Slice into 6 narrow rows and then in half to make 12 bars.

Chef Mat Shalenko