

Creamy Avocado Mint Bars



Serves 16

Ingredients

- 1 cup deglet noor dates
- 1 cup warm water
- ½ cup almonds
- ½ cup walnuts
- ¼ cup cocoa powder
- 1 tablespoon ground flaxseed
- 1 teaspoon vanilla extract
- 2 small ripe avocados – peeled, pitted and cut into quarters
- ¼ cup melted coconut oil
- ⅓ cup honey
- 2 teaspoons vanilla extract
- 2 teaspoons peppermint extract
- 100 g dark chocolate or semi-sweet (in pieces, chunks or chips)
- 2 tablespoons coconut oil

Preparation

1. Soak dates in the warm water for 5-10 minutes or until soft. Drain and discard the water. Pat the dates dry.
2. Meanwhile, in a food processor combine the almonds and walnuts until finely chopped but not pasty. Add the dates, cocoa powder, ground flaxseed and vanilla and pulse until the fruit is finely chopped and the mixture begins to clump and stick to the sides of the bowl

Chef's Tip

The chocolate is bound to crack at least a little bit when you cut up the bars. The type of knife that you use is very important! Use a small knife with a sharp serrated blade. Dip the knife into hot water each time you cut into the bars. Start at one end and slowly drag/pull the knife across the length of the pan to make a straight line. Make 3 straight lines one way and 3 more straight lines the other way to make 16 equal bars. Run the knife over each line slowly

