**Mint Chocolate Layer Bars**

**Recipe**

*Yields 20 bars*

 Ingredients

**Crust base**

* 10 medjool dates, pits removed
* 1 cup sunflower seeds (or substitute with almonds, if you have no nut allergies)
* 1/3 cup cocoa powder
* 1 tablespoon maca powder (optional)
* 1 teaspoon food grade peppermint oil
* 3 tablespoons coconut milk (or sub with almond milk, if you have no allergies)
* 2 tablespoons chocolate chips (Enjoy Life brand – for allergy free)

**Middle Layer**

* 1 cup coconut oil, softened
* 4 tablespoons coconut flour, sifted
* 4 tablespoons arrowroot powder
* 1 teaspoon food grade peppermint oil
* 2 tablespoons raw unpasteurized honey
* 1 tablespoon fresh mint leaves, minced
* 1-2 tablespoons spinach juice for colour or 1 teaspoon spirulina powder

**Top Layer**

* 1/3 cup Enjoy Life chocolate chips
* 1 teaspoon coconut oil

Method

1. Add all crust ingredients into a food processor and process until a dough forms. Press into an 8×8 greased pan or line with parchment paper for easy removal.
2. Combine all middle ingredients into a stand up mixer and whip for 1 minute. Spread evenly on to the crust.
3. Pour 1 inch of water in a small pot, then put a metal bowl on top so it fits on the rim. Place the chocolate chips and coconut oil into the small metal bowl. Boil water, the steam will melt the chocolate chips. Stir until fully melted, and pour over bars. Put in the fridge to harden.

Store in the fridge up to a week or freezer for up to 1 month (if they last that long).

*TIP: Cut bars into squares before freezing.*

**Enjoy!**