

Paleo Dark Chocolate mints (copycat Andes Mints)

What you need:

For the chocolate layers

1 ¼ cup chopped dark chocolate bar, or approximately 6oz (or Enjoy life chocolate chips)

½ tbsp coconut oil (1 tbsp with chocolate chips)

1-2 tsp mint or peppermint flavoring oil (start with less and adjust to taste.)

For middle layer

1/4 cup coconut butter, melted

3tbsp coconut oil, melted (or cacao butter for smoother texture)

1/2- 1 tbsp honey or maple syrup (optional)

1/8 -1/2 tsp mint flavoring oil (start with less, adjust to taste)

Dash of salt (very small dash)

Optional:1/8-1/2 tsp spirulina and/or matcha powder

Or 6-8 mint leaves (about ½ tbsp)

How to make:

1. Melt coconut butter and set aside.
2. Melt Chocolate in a dry glass bowl set over a saucepan of barely simmering water. Do not allow water to get into chocolate. While chocolate is melting, cut out a piece of wax paper to fix to the bottom of a 8x8 glass pan. If using parchment paper, you will need to dab melted chocolate under each corner to hold it down.
3. Remove chocolate from heat and wipe moisture from bottom of bowl. Add coconut oil and mint flavor, mixing well. Pour half (about 1/3 cup) of chocolate into pan and spread with the back of a spoon or gently shake pan and distribute. Place in freezer for 4-6 minutes or just until firm.
4. While Chocolate is setting, mix together melted coconut butter, coconut oil/honey, mint flavor, salt, and optional color. Add green powders until you reach desired color. Start in small amounts.
5. Remove pan from freezer when chocolate has matte finish (no longer shiny). Don't leave too long or layers will not stick. Pour coconut butter mixture on top on shake or gently top on table to create a thin layer. Place in freezer until just firm (4-6 minutes)
6. Remove from freezer when firm and gently pour chocolate on top (shaking gently to spread out) The chocolate should not be hot though or it will melt the middle layer. Place back in the freezer (yes, again) Until firm, then break apart mints and enjoy. Store in fridge or freezer in an air tight container.