

Raw Peppermint Slice



Introducing our newest recipe contributor Nat Russell. Nat is a Naturopathy Student and the creator of her own blog, Glow with Nat Russell. Her recipes are simple, wholesome and nutritious, using wholefoods as the main ingredient. And considering all the raw dessert lovers out there, this one is sure to deliver. The perfect summertime treat ☺!

Ingredients:

Base

1 1/2 cups almond meal

1/2 cup desiccated coconut

3 tablespoons coconut oil

3 tablespoons organic cacao powder

2 tablespoons maple syrup*

pinch of quality salt

1 teaspoon vanilla extract

Filling

6 cups desiccated coconut

2 tablespoons coconut oil

2 tablespoons maple syrup*

5 - 10 drops of peppermint oil (5 lighter/10 stronger on peppermint flavour)

Topping

2/3 cup coconut oil

2 heaped tablespoons organic cacao powder

3 tablespoons maple syrup*

**You can substitute maple syrup for honey if preferred.*

Method:

1. In a food processor or thermomix, blend all of the base ingredients together until well combined.
2. Line a 20cm by 20cm slice dish with baking paper and press the blended base ingredients into the tray evenly with wet hands (covering all corners).
3. Place the base in the freezer whilst you make the filling.
4. Wash your processor or thermomix to make the filling (to ensure it is white).
5. Place all the filling ingredients in the processor and blend until smooth (you may need to stop and scrape down the sides a few times).
6. Once the filling mixture has become almost like a buttery texture, smooth it evenly over the base in your tray.
7. Moving to the topping, if using a saucepan you need to be careful not to heat the ingredients above 46°C to ensure it remains 'raw'.
8. Use the lowest heat possible to melt the ingredients together very slowly on the stove. Once the coconut oil starts to melt you can turn the heat off but keep the saucepan on the stove for the rest of the ingredients to melt. Stir together.
9. Pour the topping over the filling layer in the tray evenly and then place in the fridge to set (It will be quite runny at first but will set nicely).
10. Once set, slice into bars or squares.

Raw | Vegan | Gluten Free

To see more from Nat visit her website or follow her Insta page [here](#).