



# No Bake Chocolate Mint Cups

6 Servings • 1 Serving = 2 Chocolate Mint Cups

## INGREDIENTS

- 1 cup rolled oats
- 1 cup pecan halves
- 1 ½ cup unsweetened shredded coconut, divided
- 3 Tablespoons cocoa powder
- Pinch of fine sea salt
- ½ cup packed pitted Medjool dates
- ½ cup melted and cooled coconut oil
- 1 ½ cups chocolate chips
- ¾ teaspoon peppermint extract
- ¾ cup canned full fat coconut milk
- Handful of mint leaves, chopped

## DIRECTIONS

1. Line a 12-cup non-stick muffin tin with little strips of parchment paper and set aside.
2. In a blender combine the oats, pecans, 1 cup coconut, cocoa powder, and salt. Pulse the mixture until everything is finely chopped.
3. Add the dates and coconut oil to the blender. Pulse until a sticky “dough” starts to come together. Pinch it between your fingers to make sure that it will hold together. Place the dough in the refrigerator for about 5 minutes, just to firm up.
4. In the muffin tin, drop about 3 Tablespoons of the dough into each cup. Lightly spread it out with your fingers. Press an indent into each portion of dough to form a “cup.” Place the prepared cups in the refrigerator.
5. In a medium bowl, combine the chocolate chips and peppermint extract.
6. Add the coconut milk to a small saucepan on the stove over medium-high heat. Once the coconut milk starts bubbling and simmering, pour it over the chocolate chips and peppermint extract. Let this mixture sit for a minute before stirring with a spatula until you have a smooth, fully mixed, and glossy ganache.
7. Retrieve the cups from the refrigerator and divide the ganache evenly among the cups. Place the cups in the refrigerator to set for at least 2 hours.
8. When ready to serve, let the cups sit at room temperature for 30 minutes before carefully running a paring knife around the edges of each cup to release. Garnish with mint and remaining coconut.

## Nutrition Facts

14 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 28g	<b>56%</b>
<b>Saturated Fat</b> 17g	<b>85%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 90g	<b>11%</b>
<b>Dietary Fiber</b> 3g	<b>11%</b>
<b>Total Sugars</b> 19g	
<b>Includes 0g Added Sugars</b>	<b>0%</b>
<b>Protein</b> 4g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 18mg	<b>2%</b>
<b>Iron</b> 3mg	<b>15%</b>
<b>Potassium</b> 120mg	<b>2%</b>

\*This % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Botanical Garden

[chefsa.org](http://chefsa.org)

@CHEFSanAntonio



© Culinary Health Education for Families