

Gluten Free Homemade Chocolate Thin Mints

- One Medjool date has 17 milligrams of potassium and 15 milligrams of calcium (You won't find those in plain ol' white sugar!).
- Dates have one of the highest antioxidant contents of any fruit or vegetable, which protects the body against degenerative diseases such as cancer and heart disease.
- Dates have a high fiber content, and practitioners of Chinese medicine have long used dates to improve physical conditions such as stomachache, abdominal pain and anemia.

1 cup raw walnuts

6-8 large Medjool dates, pitted**

1/2 cup pure cocoa powder (no added milk or any other ingredients)

2 teaspoons pure peppermint extract

1/8 teaspoon pure vanilla extract

1 1/2 tablespoons maple syrup

1. Place walnuts in a food processor and blend until the nuts are finely ground.
2. Add cocoa and process until everything is evenly combined – you might have to scrape the sides down.
3. With the motor running, drop dates one by one through the feed tube until the mixture comes together. Start with 6 dates.
4. Add vanilla, peppermint, and maple syrup. Mix and check consistency. It should be sticking together and look a little like play dough.
5. If mixture is crumbly, add additional 2 dates and process until it looks like this:



- 6.
7. Transfer the mixture into a small pan. Mold into the pan and refrigerate for at least half an hour before cutting.
8. If desired, cut into circles with a cookie cutter or simply slice into squares. You can eat these cold, or allow them to come to room temperature, which I prefer
9. Enjoy! My family LOVED these, and this is a dessert I don't feel guilty about indulging in myself. They are very rich, so a little goes a long way. Mmmmm – thin mints.....
10. **Note that these have a slightly oily texture to them – I experimented with using less versus more dates and we all agreed that the extra dates gave the cookie a

much smoother texture and was more pleasing on the tongue. Start with less dates (6 – ish) and work your way up to get the consistency you want.



11.

Bon Appetit!!

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