



## **Chocolate Crusted “Aussie Down Under” Dessert**

*Fresh kiwi fruit flavors the creamy light minty filling*

### **Fresh Mint Juice:**

- 1 small bunch mint leaves (6 stems, halved with 1/2 cup mint leaves)
- 3/4 cup water
- 1 Tablespoon honey
- 2 teaspoons lemon juice
- Pinch of salt

### **Chocolate Dessert Crust:**

- 1 cup pistachios
- 2 (1.75 oz.) Paleo Valley dark chocolate chip Superfood Bars, cut in chunks
- 2 Tablespoons warm water

### **Kiwi Cashew Cream Filling**

1/2 cup thick coconut cream  
1 cup cashew halves  
1/4 cup fresh mint juice  
1 Tablespoon lemon juice  
1 Tablespoon honey  
2 medium kiwis peeled, chopped  
1/8 teaspoon mint extract, optional

### **Mint Sauce:**

Mint leaves, patted dry  
1/2 cup mint juice  
1 teaspoon lemon juice  
2 Tablespoons honey  
1 medium kiwi, peeled, chopped  
1/8 teaspoon mint extract, optional

**Garnish:** Fresh mint leaves; slices of fresh kiwi as desired

### **Prepare Fresh Mint Leaves:**

Pick the mint leaves off; cut stems in half; set aside.  
Bring water to a boil in a small saucepan; place mint leaves for about 30 seconds in boiling water to brighten their color and blanch. Remove from water to ice water to stop cooking process. Drain leaves; pat off any excess moisture before chopping. Set aside.

### **Prepare Fresh Mint Juice:**

Add honey, lemon juice, salt, and mint stems to water; bring to a boil; remove from heat; let stand until cool. Remove; discard mint stems. Set fresh mint juice aside.

### **Prepare Chocolate Dessert Crust:**

Line 8-inch round pan with release foil or parchment paper; set aside.  
Place pistachios and bar chunks in food processor; process to fine chop; add water; process until a chocolate dough forms. Press dough evenly into bottom of prepared pan; cover with plastic; set aside.

### **Prepare Kiwi Cashew Cream Filling**

Place coconut cream and cashews into food processor; pulse to combine; add the remaining filling ingredients to the food processor and mix until smooth, about 4 to 5 minutes.

**Prepare the Mint Sauce:**

In small food processor, combine mint leaves with mint juice and lemon juice. Add honey and peeled kiwi, process until smooth. Taste to see if it's the desired mint flavor. If not, add the optional mint extract as desired.

**Arrange the Dessert Layers:**

Spoon the Kiwi Cashew Cream over the chocolate crust; lightly spoon the mint sauce over the filling. Lightly swirl with your finger or the small spoon handle the sauce into the filling. Place dessert in freezer; chill for about 3 hours or until frozen.

**To Serve:** Lightly defrost the dessert until partially softened. Cut into slices while frozen for cleaner cut slices. Serves about 8 slices.

Garnish with fresh mint leaves and slices of fresh kiwi

**Cook's Note:** I use the heavy cream layer on a can of coconut milk for the coconut cream.

**About the Recipe:** The tart creamy taste is unique, blended with just a touch of mint. The chocolate crust perfectly complements the flavors with a chocolate pistachios crunch. The best part is that it is filled with some extra "good-for-you" ingredients.