

MINT CHOCOLATE SHARDS



QUICK

Less than 10 mins

HEALTHY

Dark Chocolate contains iron, copper and manganese

FAMILY

Makes about 30 shards

MEALS

Serve with fresh mint tea

INGREDIENTS

- 1 tsp mint extract* about 3%
- 150g dark chocolate/cooking chocolate
- 15 fresh mint leaves

* Be aware that different brands of mint extract contain very different levels of mint/flavour. I have 2 – one is 3%, the other has 35% - the taste is VERY different

METHOD

- 1) Melt the chocolate in a bowl – takes me 2 minutes in the microwave
- 2) Prepare a large tray with greaseproof paper
- 3) Finely chop the mint leaves
- 4) Add the mint extract to the melted chocolate – **taste** – add more if necessary. *
- 5) Pour onto the greaseproof paper and smooth out to about 2-3 mm
- 6) Sprinkle the mint on top
- 7) Pop in to the fridge to set
- 8) Break up into shards
- 9) Serve
- 10) The amount of mint extract needed will totally depend on the one you buy – add a smaller amount and taste – then add more if needed.



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com