



Jodie Lindsay Popma
303-775-1472
Jodie@smartfoodmadesimple.com

Avocado Grasshopper Bars

MINT LAYER INGREDIENTS

1 Hass avocado
1/4 c. honey
6 T. coconut oil, melted
1 1/2 c. shredded unsweetened coconut
2 drops of peppermint essential oil
dash of salt

CHOCOLATE LAYER INGREDIENTS

1/4 c. coconut oil
2 T. honey
1/4 c. cocoa powder
1/4 t. vanilla extract
dash of salt

MINT LAYER INSTRUCTIONS

Line a 9 × 9 inch baking dish with foil. Place all ingredients in high powered blender (*such as a [Blendtec](#) or [Vitamix](#)*) or a food processor. Blend until smooth. (*You can puree it if you want, but I like mine to have little flecks of coconut still.*) Smooth mixture into prepared dish and stick in the freezer.

CHOCOLATE LAYER INSTRUCTIONS

In small saucepan, melt coconut oil and honey over low heat. Remove from heat and stir in remaining ingredients. Pour over chilled bottom layer and return to the freezer for about 15 minutes, or until the chocolate layer is hardened. Remove from foil and cut into bars. Store covered in the freezer.

