



No Bake Chocolate-Mint Fudge Tartlets

READY IN



20 min.

SERVINGS



6

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 Tablespoons coconut milk canned (Full Fat)
- ☐ 0.3 cup chocolate chunks melted (separate from the chocolate above)
- ☐ 0.5 cup chocolate-hazelnut pirouette cookies crushed (I used 2 Enjoy Life Double Chocolate Crunchy Cookies)
- ☐ 0.1 Teaspoon peppermint extract

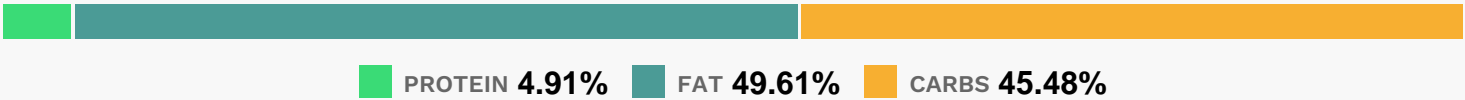
Equipment

- ☐ mini muffin tray

Directions

- ☐ Combine the crushed cookies and the 2 tablespoons of chocolate (now melted) and press the mixture into 6 little tart pans. I used silicone peanut butter cup molds, but you could also use mini muffin tins. As you can tell from my picture below, these don't need to look perfect to work and to taste good.
- ☐ Combine the 1/4 cup of chocolate (now melted) with the coconut milk and extract, adjusting the amount of extract to your tastes.
- ☐ Pour the fudgy filling evenly in the cookie crusts, and chill until the middles set up. This took just 15 minutes in the freezer.Pop them out and eat!

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:3.2, Inflammation Score:-1, Nutrition Score:2.2373912949925%

Nutrients (% of daily need)

Calories: 93.17kcal (4.66%), Fat: 5.23g (8.04%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 9.79g (3.56%), Sugar: 6.27g (6.96%), Cholesterol: 0.61mg (0.2%), Sodium: 55.6mg (2.42%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Caffeine: 7.03mg (2.34%), Protein: 1.16g (2.33%), Manganese: 0.2mg (10.24%), Copper: 0.14mg (7.25%), Iron: 0.9mg (5.02%), Magnesium: 19.27mg (4.82%), Fiber: 0.99g (3.98%), Phosphorus: 35.74mg (3.57%), Zinc: 0.32mg (2.15%), Potassium: 73.04mg (2.09%), Selenium: 1.44µg (2.05%), Vitamin B3: 0.36mg (1.82%), Vitamin B2: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.5%), Folate: 5.19µg (1.3%)