



3-Layer Almond Coconut Chocolate Bars



Vegetarian



Vegan



Dairy Free



Popular

READY IN



43 min.

SERVINGS



18

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup roasted almond butter raw (or peanut butter)
- ☐ 0.5 tablespoon virgin coconut oil
- ☐ 0.5 cup rice cereal crisp
- ☐ 1 pinch grain sea salt fine
- ☐ 0.3 cup maple syrup pure (or other liquid sweetener)
- ☐ 0.5 cup oat flour gluten-free
- ☐ 1 cup rolled oat gluten-free
- ☐ 0.3 cup coconut flakes unsweetened toasted (such as Let's Do...Organic brand)

- ☐ 0.3 cup coconut or shredded unsweetened
- ☐ 0.5 tablespoon vanilla extract pure
- ☐ 0.5 cup vegan chocolate chips for soy-free (use Enjoy Life brand)
- ☐ 0.8 cup almonds whole

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

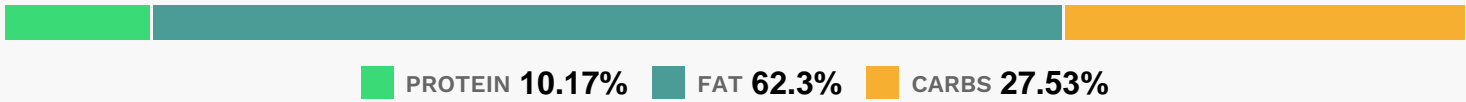
Directions

- ☐ Add the almonds into a food processor and process until a fine meal forms, just larger than sand. Now add the oat flour, oil, syrup, and salt and process until combined and sticky. Finally, add the cup of rolled oats and process until the oats are chopped and the dough comes together, but the oats still have a bit of texture to them. The dough should stick together when pressed between your fingers. Crumble the dough evenly in the prepared pan. Press the dough into the pan evenly, wetting fingers if necessary to prevent sticking. Smooth out the dough with a pastry roller and use your fingertips to press in the edges until even. Poke a few holes with a fork to let air escape.
- ☐ Bake, uncovered, for around 13 minutes.
- ☐ Place pan on cooling rack for at least 10 minutes. For the middle layer: In a medium saucepan, stir the almond butter, oil, syrup, vanilla, and salt and heat over medium until the coconut oil is melted and the mixture is smooth.
- ☐ Whisk if necessary.
- ☐ Remove from heat. When the crust has cooled for 10 minutes or so, stir the rice crisp cereal into the almond butter mixture and pour this mixture on top of the crust. Smooth out and place in the freezer on a flat surface for 40–45 minutes, until the middle layer is completely solid. While the mixture freezes, toast the large coconut flakes (see note below). After the middle layer is frozen, remove from freezer and lift out the bar. Slice into 6 rows vertically and

then slice 3 rows horizontally to make 18 small bars.

- ☐
- Place bars in the freezer once again while you prepare the chocolate topping.For the chocolate topping: In a saucepan, melt the chocolate and coconut oil over low-medium heat. When half the chips have melted, remove from heat and stir until completely smooth. Stir in the shredded coconut.
- ☐
- Remove bars from the freezer and spoon a small amount of chocolate on top of each bar. Immediately, sprinkle with toasted coconut flakes. Return the bars to the freezer until the chocolate is set.
- ☐
- Serve immediately (bars will melt quickly, so I wouldn't suggest keeping them out too long). Store leftovers in the fridge or freezer.

Nutrition Facts



Properties

Glycemic Index:7.64, Glycemic Load:1.99, Inflammation Score:-4, Nutrition Score:9.9769566574174%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 201kcal (10.05%), Fat: 14.8g (22.76%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 11.46g (4.17%), Sugar: 7.25g (8.06%), Cholesterol: 0mg (0%), Sodium: 17.53mg (0.76%), Alcohol: 0.12g (100%), Alcohol %: 0.32% (100%), Protein: 5.43g (10.87%), Manganese: 0.76mg (38.22%), Vitamin D: 5.5µg (36.67%), Vitamin E: 4.93mg (32.83%), Vitamin B2: 0.3mg (17.77%), Magnesium: 63.07mg (15.77%), Fiber: 3.25g (13.02%), Phosphorus: 120.51mg (12.05%), Copper: 0.23mg (11.38%), Calcium: 100.06mg (10.01%), Iron: 1.63mg (9.08%), Zinc: 0.94mg (6.23%), Potassium: 191.93mg (5.48%), Vitamin B3: 0.86mg (4.31%), Folate: 16.83µg (4.21%), Vitamin B1: 0.06mg (3.73%), Selenium: 2.32µg (3.31%), Vitamin B6: 0.05mg (2.4%), Vitamin B5: 0.11mg (1.1%)