



Cashew Joy Vegan Candy Bars



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



24

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cashew pieces whole toasted
- ☐ 3 Tablespoons coconut oil melted
- ☐ 3 Tablespoons full fat coconut milk
- ☐ 12 Ounces semi-sweet chocolate finely chopped
- ☐ 1 cup confectioner's sugar
- ☐ 2.7 cups coconut or shredded unsweetened
- ☐ 0.5 Teaspoon vanilla extract

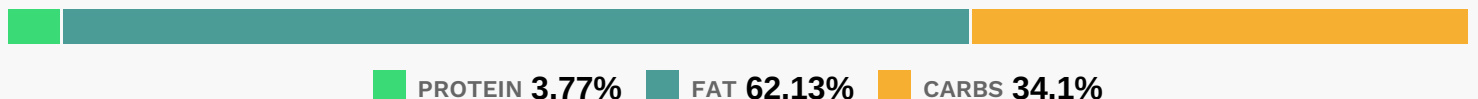
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ whisk
- ☐ microwave
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ In a medium bowl, whisk together the coconut milk, coconut oil, vanilla, and confectioner's sugar. Once smooth, switch over to a spatula, and stir in the shredded coconut and chopped cashews, until fully incorporated and no dry patches in the mixture remain.
- ☐ Transfer the mix into a lightly greased 8 x 8-inch square pan, and use the bottom of a measuring cup or drinking glass to press down and smooth out the top.
- ☐ Place the whole cashews at regular intervals in even lines down the pan, pressing them in gently. Move the pan in the freezer for at least 3 hours, until chilled and firm. When you're ready to enrobe your bars, melt down your chosen chocolate in the microwave, stirring thoroughly at 30 second intervals, until smooth. Set out a silpat or piece of parchment paper, and go retrieve the frozen coconut centers. Slice into bars, and then carefully dip them into the chocolate. A few flakes of coconut may come off, but just fish them out of the pool of chocolate and continue. You may wish to store the pieces in the freezer until the moment that you're ready to dip them, if they seem particularly fragile. Tap off the excess chocolate, and place the bars on your silpat or parchment paper, and let cool until set. Store at room temperature in an air-tight container.

Nutrition Facts



Properties

Glycemic Index: 8.93, Glycemic Load: 6.05, Inflammation Score: -2, Nutrition Score: 4.7339130808478%

Nutrients (% of daily need)

Calories: 215.73kcal (10.79%), Fat: 15.44g (23.75%), Saturated Fat: 11.04g (69.02%), Carbohydrates: 19.06g (6.35%), Net Carbohydrates: 16.16g (5.88%), Sugar: 14.45g (16.05%), Cholesterol: 0.85mg (0.28%), Sodium: 5.9mg (0.26%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Caffeine: 12.19mg (4.06%), Protein: 2.11g (4.21%), Manganese: 0.53mg (26.54%), Copper: 0.32mg (16.15%), Fiber: 2.91g (11.63%), Magnesium: 42.97mg (10.74%), Iron: 1.49mg (8.25%), Phosphorus: 75.88mg (7.59%), Selenium: 3.69µg (5.27%), Zinc: 0.75mg (5%), Potassium: 158.63mg (4.53%), Vitamin B6: 0.05mg (2.38%), Vitamin K: 1.98µg (1.88%), Vitamin B5: 0.15mg (1.51%), Vitamin B1: 0.02mg (1.5%), Calcium: 12.92mg (1.29%), Vitamin B2: 0.02mg (1.21%), Vitamin B3: 0.22mg (1.11%), Vitamin E: 0.16mg (1.03%)