



Chocolate-Dipped Coconut Crispy Bars (Marshmallow-Free)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



6 Tablespoons agave nectar ()



2 cups brown rice cereal gluten-free crispy



0.5 cup dairy-free chocolate chips



0.5 Teaspoon vanilla extract

Equipment



food processor



bowl

- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Lightly grease an 8 x 8 baking pan (I use glass)
- ☐ Place the 1-1/2 cups of coconut in a small food processor or spice grinder (see my notes above), and whiz until it clumps and turns into a paste with a fair bit of residual oil (about 1 to 3 minutes). DO NOT stop short. This must be butter and oil!
- ☐ Place the coconut paste/oil in a small saucepan, add the honey and vanilla, whisking over medium-low heat (do not be tempted to turn the heat up!) until it is smooth, and all of the residual oil is incorporated (about 3 to 5 minutes). The mixture will be thick and sticky (kind of like melted marshmallows), but smooth and spreadable.
- ☐ Remove from the heat, stir in the crispy rice cereal and the remaining 1/4 cup of shredded coconut. It will be thick, like rice crispy treats, but should combine with gentle stirring. Press the crispy mix evenly into the baking pan. If needed, you can use plastic wrap or parchment paper between your hands and the mix as you press it in to avoid sticking. Chill the treats in the freezer for 10 to 15 minutes (no longer). While those are chilling, melt 1/2 cup of the chocolate chips in a bowl (I microwave them on high for 1 minute, and then stir vigorously until smooth). You might need more depending on how zealous you get with the dipping.
- ☐ Cut the crispies into squares or bars, big or small. Whatever shape you desire! I usually do 8 longer bars, or 12 smaller treats. Dip the bars/treats in the chocolate, then turn them chocolate side up and place them on a plate while the chocolate dries. If desired, sprinkle the treats with coconut while the chocolate is still wet. I like to store these in the refrigerator or freezer to keep them crisp, but they will keep at room temperature, too. Just don't expect them to last too long ... these get eaten quickly in my house!

Nutrition Facts



Properties

Glycemic Index:9.22, Glycemic Load:22.11, Inflammation Score:-3, Nutrition Score:9.4686956250149%

Nutrients (% of daily need)

Calories: 278.08kcal (13.9%), Fat: 5.12g (7.88%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 55.04g (18.35%),
Net Carbohydrates: 52.64g (19.14%), Sugar: 16.02g (17.8%), Cholesterol: 0mg (0%), Sodium: 2.55mg (0.11%),
Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 4.33g (8.66%), Manganese: 1.78mg (88.96%), Magnesium:
68.11mg (17.03%), Vitamin B1: 0.22mg (14.36%), Vitamin B6: 0.28mg (13.93%), Phosphorus: 125.57mg (12.56%),
Vitamin B3: 2.16mg (10.78%), Fiber: 2.4g (9.61%), Iron: 1.68mg (9.33%), Vitamin B5: 0.71mg (7.09%), Copper: 0.13mg
(6.66%), Zinc: 0.96mg (6.41%), Potassium: 128.3mg (3.67%), Folate: 14.23µg (3.56%), Vitamin K: 3.54µg (3.38%),
Vitamin C: 2.68mg (3.25%), Calcium: 30.49mg (3.05%), Vitamin B2: 0.05mg (2.74%), Vitamin E: 0.15mg (1.03%)