

No Bake Elvis Bars



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



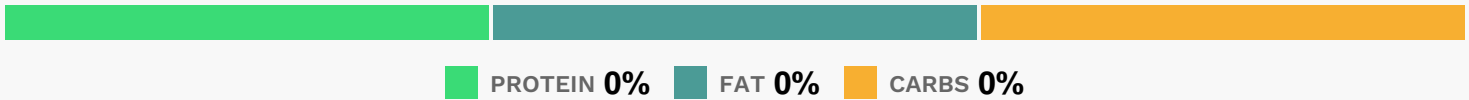
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Directions

- ☐ Line an 8-inch square pan with two pieces of parchment paper, one going each way. This makes it easy to lift out the bars later on.
- ☐ Add the almonds into a food processor and process until a fine crumb forms, slightly larger than sand. Now add in the rest of the crust ingredients and process until the mixture comes together, scraping the side of the bowl as needed. The mixture should be a slightly tacky and should stick together when pressed with your fingers. If it's not, add a very small splash of water and process again for a few seconds.
- ☐ Dump the crust mixture into the prepared pan. Smooth out evenly and then press down firmly and evenly into the pan. You can lightly wet your fingers if the crust sticks to them. Use a pastry roller to roll it very smooth, compacting it as much as possible.
- ☐ Place in freezer while you prepare the middle layer.

- ☐ Middle layer: Give the processor bowl a quick rinse.
- ☐ Add all the middle layer ingredients into the processor and process until smooth.
- ☐ Remove the crust from the freezer and pour the middle layer on top. Smooth out. Return to the freezer for at least 1–1.5 hours to set, until the middle layer is very firm to the touch.
- ☐ Chocolate drizzle: When the middle layer is completely solid, prepare the topping. In a small pot heat the chocolate and coconut oil on the lowest heat, stirring to combine. When half of the chips have melted, remove the pot from the heat and stir until completely melted.
- ☐ Remove the bars from the freezer. Lift slab out of the pan and slice into squares.
- ☐ Spread out the squares on a plate lined with parchment paper.
- ☐ Drizzle on the melted chocolate and return bars to the freezer until the chocolate is firm and the bars are solid.
- ☐ Enjoy these bars frozen, straight from the freezer. They melt very quickly so I don't suggest leaving them out for more than a couple minutes. Wrap leftovers and store in the freezer.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)