

Chocolate Cream Caramel Bars

[vegan and raw]

Yield: 15 bars

Ingredients:

Crust

- 1 cup almonds or other nuts
- 1 cup dates
- Pinch of salt (optional)

Caramel

- ½ cup cashew butter
- ½ cup coconut oil
- 1 cup dates

Chocolate Cream

- ⅓ cup coconut oil
- 2-3 tbsp. cacao powder
- ¼ cup preferred liquid sweetener (maple syrup, honey, agave)

Directions:

Make the crust

1. Using a food processor, grind the almonds until they form powdered flour.
2. Add dates and process until all ingredients stick together.
3. Press into the bottom of a lined 9 x 13 baking pan and refrigerate for at least 30 minutes before adding topping layers.

(continued)

Directions: (continued)

Make the topping layer

Feel free to add other flavors like vanilla extract, chili powder, shredded coconut, ginger, etc, to change up your toppings.

1. Using a mixer on high speed, blend all caramel ingredients together until smooth.
2. Spread caramel layer onto crust.
3. Using a mixer on high speed, blend chocolate cream ingredients together until smooth.
4. Spread chocolate cream layer over caramel layer.
5. Refrigerate until completely set; at least 2 hours.

Nutrition Facts: (Per 1 bar)

Calories: 235 • Fat: 19g • Sodium: 30mg

Carbohydrates: 17g • Dietary Fiber: 3g • Protein: 3.5g

Source: www.onegreenplanet.org



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