

Homemade Candy Bars

Serves 12

Ingredients

NOUGAT BASE

- 1 ½ cups *Almond Flour* (or any gluten-free flour)
- 3 tbsp *Unrefined Coconut Oil*
- ¼ cup (~5) *Medjool Dates*

CARAMEL CENTER

- 1 ¼ cup (~25) *Medjool dates*
- ¼ cup *Sunflower Butter* (or any nut/seed butter)
- 1–2 tbsp *Coconut Milk*
- pinch of *Sea Salt*

CHOCOLATE TOP

- 8-9 oz *Dark Chocolate*

WARM BEVERAGE PAIRINGS

- *Whole Bean Coffee*
- *Mushroom Powder Blend*
- *Chicory Tea Blend*

Instructions

NOUGAT BASE

1. If not using a silicone mold, line a pan or container with parchment paper.
2. Add the **Almond Flour**, **Coconut oil**, and **Dates** to a food processor or high-speed blender and pulse everything until it's well combined.
3. Press the mixture evenly into mold or the bottom of the pan and place in the freezer while you prepare the next layer.

CARAMEL CENTER

1. Rinse out the food processor or blender and add the **Dates**, **Nut butter**, **Coconut Milk**, and **Sea Salt**.
2. Blend everything until it's thick and creamy, scraping down the sides as needed to recombine.
3. Remove the pan from the freezer and spread the mixture into an even layer on top of the crust.
4. Place the pan back in the freezer for ~30 minutes until the caramel layer sets.

CHOCOLATE TOPPING

1. Melt the **Dark Chocolate** in a glass bowl over a pot of boiling water/double boiler or in a pan over medium-low heat, stirring often to prevent burning.
2. Remove the pan from the freezer and pour the **Dark Chocolate** on top of the **Caramel Center** and spread it into an even layer.

3. Gently tap the pan a few times to remove any air bubbles. Place the pan in the fridge for ~30 minutes to set.
4. The bars are done when all three layers are firm and set.
5. Remove from molds or cut the into squares and serve!

WARM BEVERAGE

1. Prepare your warm beverage pairing of choice before making the **Candy Bars**, while waiting for the **Candy Bars** to set or after the **Candy Bars** are done.

SERVE & ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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