

No Bake Almond Bars

Meal time: Dessert

Meal type: Vegan

Difficulty: Easy

Servings: 4

Total time: 70 minutes

Ingredients

For the bars

230g almond butter

140g almond flour

85g maple syrup

2 TBSP coconut oil

1/4 TSP salt

For the chocolate layer

80g chocolate chips

2 TBSP almond butter

1 TBSP coconut oil

Nutrition Facts

	Amount per serving
Calories	163.3
Total Fat	9.1g
Saturated Fat	5g
Total Carbohydrate	11.6g
Dietary Fiber	1.7g
Total Sugars	8g
Protein	3.6g
Cholesterol	1.7mg
Vitamin D	0IU
Calcium	18.3mg
Iron	1mg
Potassium	62.3mg
Sodium	163.3mg

Instructions:

1. In a mixing bowl, add almond butter, almond flour, maple syrup, salt and coconut oil. Mix thoroughly.
2. Line a baking tray with parchment paper and pour almond butter mixture. Level using a spatula.
3. In a small microwave-safe bowl, melt chocolate chips until it reaches a smooth consistency. Do in repeated ten second intervals to not burn the chocolate.
4. Add almond butter and coconut oil to the melted chocolate and mix thoroughly.
5. Pour the chocolate mixture on top of the almond butter layer and refrigerate for at least 1 hour.
6. Take the baking tray out of the refrigerator and remove bars from the pan.
7. Cut in 12 portions and serve with salt flakes. Enjoy!

Notes: Peanut butter can be used as an alternative to almond butter. The bars can be stored in an airtight container placed in a fridge, ensuring your bars are good for a week. Agave syrup can be used as an alternative to maple syrup.