



CHOCOLATE CARAMEL BARS

INGREDIENTS

for the cookie base:

1 1/4 cup almond flour

1/3 cup coconut flour

1/3 cup coconut oil

1/8 cup coconut butter or coconut oil

2 tbsp honey

1 tsp vanilla extract

for the caramel layer:

1 batch caramel made with 3/4 cup honey and 3/4 cup heavy whipping cream (instead of 1 cup). Boil the caramel for about 15 minutes to make sure it ends up firm enough to be cut after refrigerating.

If you are very sensitive to lactose, I recommend fermenting the heavy whipping cream to make it easier to digest.

chocolate coating:

1 Simple Honey Sweetened Chocolate Coating

INSTRUCTIONS

for the cookie base:

Melt the coconut oil and coconut butter in a small saucepan. Add the almond flour, coconut flour, vanilla extract, and honey to a mixing bowl. Stir in the coconut oil and knead until well combined.

Line a 9" square baking dish with parchment paper. Distribute the dough evenly across the bottom of the pan and press firm.

Bake at 350°F / 180°C for 10 to 12 minutes, until golden brown. Remove from the oven and let cool.

Add the cooled caramel over the cookie layer and let set in the refrigerator for about two hours until firm enough to cut with a knife.

Cut the cookie base in half and then cut into 1/2" wide bars. Freeze the bars for at least two hours while you prepare the homemade honey sweetened chocolate coating in a double boiler.

Dip the bars into the chocolate coating using two forks to submerge them completely. Place them on a wire rack for the chocolate to set.

Store in an airtight container in a cool and dry place.

Guten Appetit!