





High Protein + Low Fat Vegan Toasted Coconut Samoa Bars:

- High Protein ✓
- Low Fat ✓
- 8 Ingredients ✓
- Refined Sugar Free ✓
- Salt Free ✓
- Gluten Free ✓
- Oil Free ✓
- Vegan ✓
- No Bake ✓

Cookie Base:

- 5 soft medjool dates
- 1 cup rolled or quick cook oats

Caramel Layer:

- 1 can white bean, drained and rinsed
- 1/3 cup unrefined coconut sugar
- 4 tbsp unsweetened plain soymilk
- 8 soft medjool dates
- 2 tbsp unsalted almond butter

Chocolate Layer:

- 4/5 vegan chocolate bar of choice

Coconut Topping:

- 1/2 cup shredded coconut, toasted*

Directions:

1. In a food processor, add your cookie base ingredients (dates and oats) and process until they reached a crumbly, sticky consistency.
2. Press the cookie base into the bottom of a small, square baking dish lined with parchment paper until it is evenly as thin as you would like all the way across. About 1/8 of an inch is the best thickness. Once you have finished pressing, place the dish with the cookie base in your freezer to firm.

3. To make your protein caramel, begin by adding the coconut sugar and soy milk into a pot over medium high heat on the stove. Stir this mixture until the coconut sugar has dissolved and it begins to look like a creamy, sticky caramel sauce.
4. In a blender, add your coconut sugar/soy milk caramel sauce, the drained and rinsed white beans, almond butter, and your soft dates. Blend these ingredients until they are completely smooth and creamy. You should end up with a thick and smooth, caramel “dip-like” mixture.
5. Remove the cookie base from the freezer and plop your caramel mixture on top of the base and spread it out evenly across the surface. When you have finished this step, place it back into your freezer.
6. For the chocolate layer, simply break your chocolate bars into small pieces, place them in a small microwaveable bowl, and melt them in the microwave until there are no solid pieces left (about a minute.) Stir the chocolate when you remove it from the microwave to ensure there are no chunks remaining.
7. To toast coconut, use a non stick pan and heat it to medium heat. Add your shredded coconut to the hot pan and toast for about 5 minutes, tossing every minute or so until the coconut is golden brown.
8. Remove your baking dish from the freezer. Pour your melted chocolate on top and spread over the caramel evenly with a spatula. Lastly, sprinkle the toasted coconut all over the chocolate, being sure to cover the entire surface.
9. Place the baking dish back into your freezer for at least 4 hours, preferably overnight as these are best eaten cold or slightly defrosted in my opinion. Enjoy!