

Homemade Twix Bars (Paleo & GF)

Ingredients

Shortbread Crust ~

- 160g (1⅓ cups) coconut flour
- large pinch (½ teaspoon) kosher salt
- 90ml (6 tablespoons) pure maple syrup
- 125ml (⅔ cup) coconut oil, at room temperature

Caramel Filling ~

- 250g (1 cup) creamy almond butter
- 180g (⅔ cup) pure maple syrup
- 125ml (⅔ cup) coconut oil, at room temperature
- 10ml (2 teaspoons) vanilla extract
- large pinch (½ teaspoon) kosher salt

Chocolate Topping ~

- 100ml (½ cup) coconut oil, at room temperature
- 50g (½ cup cocoa) powder
- 80ml (4 tablespoons) maple syrup
- 5g (1 teaspoon) flaky sea salt

Preparation

Shortbread Crust ~

1. Preheat the oven to 180°C (350°F).
2. Grease a 30cm x 21.5cm (12 x 8.5”) tart pan with coconut oil, if the pan does not have a removable bottom line it with parchment paper.
3. Combine coconut flour and salt in a bowl, and whisk to combine
4. Add the maple syrup and stir until fully combined and crumbly.
5. Add the room temperature coconut oil and mix until a large dough ball forms, pressing out any clumps of coconut oil.
6. Press the dough into the prepared pan.
7. Bake for 9-11 minutes, or until golden brown around the edges.
8. Let cool completely.

Caramel Filling ~

1. Combine all of the ingredients in a small saucepan.
2. Heat on medium heat until all of the ingredients are melted and thoroughly combined.
3. Pour over the crust and using an offset spatula spread in a smooth layer.
4. Place in the refrigerator until set before topping with chocolate layer.

Chocolate Topping ~

1. Add all of the ingredients to a bowl, and whisk until fully combined.
2. Pour over the cooled caramel layer, smooth the top evenly, and sprinkle with flaky sea salt.
3. Let cool until set.
4. Slice into 5cm (2-inch) slices, or 16 squares.
5. Keep stored in the refrigerator.