



Pura Vida Performance

Inspired Health, Coaching and Nutrition

CARAMEL BARS

Holy smokes! I took this baby on and it is SO WORTH IT! I thought it would be a little too much considering it is a 3 step process BUT because there is no oven involved it's actually pretty easy. It's you, your blender and your freezer for this one and man on man are they YUMMY! I believe that this is a great 'healthy' treat to have on hand in your freezer AND it's a wonderful healthy dessert to bring to family gatherings. That's where I'm taking my batch! 😊

INGREDIENTS:

Base Layer:

1 cup Medjool dates
½ cup almonds
1 tsp coconut oil

Middle Layer:

1 cup Medjool dates
½ cup coconut oil, melted
1½ tbsp tahini
¼ cup maple syrup
1 cup raw unsalted cashews (covered and soaked in water for an hour and then rinsed)
1/3 cup water

Top Layer:

¼ cup coconut oil
¼ cup maple syrup
¼ cup cacao powder



INSTRUCTIONS:

TIPS #1 - You need to have a good food processor to get through the dates. I used my Vitamix and it worked like a charm!
#2 – Use some sort of lining in your pan like parchment paper. I did not do this and wish I had. I managed to get them out okay but it was extra work I wasn't a fan of. 😊

Base Layer - Pulse or blend dates, almonds and coconut oil in a food processor or high speed blender (like a Vitamix) until it resembles fine crumbs and sticks together. Pour the mixture into a square baking dish lined with parchment paper and press it down to form the base. Place it in the freezer.

Middle Layer - Put all ingredients (dates, coconut oil, tahini, maple syrup, cashews and water) into a high speed blender and blend until smooth (if you think you need a little extra water you can add some but not too much). Pour the middle layer mixture on top of the base and return it to the freezer to set.

Top Layer - Put the coconut oil, maple syrup and cacao into a small saucepan on really low heat and stir until it is combined and resembles chocolate sauce. It doesn't take much heat to do this. Once the middle layer is frozen, spread the chocolate sauce on top of it. Place it back into the freezer for an hour and then remove it from the pan, cut it up and store it in an airtight container in the fridge or freezer.