

Chocolate Bounty Bars

As served by Sarah at a High Aspirations event

INGREDIENTS

90g macadamia nuts

90g cashews

4-6 medjool dates

1 tsp vanilla bean paste (or pure vanilla essence)

¼ cup coconut milk

200g dark chocolate

Shredded or desiccated coconut (optional)

METHOD

Place all except the chocolate into a blender or food processor and blend until combined. Add a little more coconut milk if the mix is too dry.

Shape into little bars and place on a tray lined with baking paper. Place in the fridge until they are firm.

Melt the chocolate in a double boiler and dip each bar to coat using a fork so you can let the excess chocolate drain off. Place on a tray, sprinkle with extra desiccated coconut if you like and return to the fridge to set.

Recipe adapted from Wellbeing Eat Well Magazine.

