



## No Bake Paleo Chocolate Almond Butter Bars

No Bake Paleo Chocolate Almond Butter Bars are vegan, paleo, gluten free, and dairy free. This 4-ingredient no bake recipe is for thick, decadent almond butter bars topped with chocolate.

Serves: 36 bars.

Serving size: 1 bar

Calories: 113.7 Fat: 8g Carbohydrates: 8.8 Sugar: 6.2g Sodium: 3.5mg Protein: 2.6g

### Ingredients

#### Almond Butter Layer

- 1 cup natural, unsalted creamy almond butter
- ¼ cup + 2 tablespoons pure maple syrup
- ½ cup coconut flour

#### Chocolate Topping (may double this)

- 1 cup paleo vegan chocolate chips
- ½ cup unsalted, natural creamy almond butter
- \*Optional garnish with unsweetened toasted coconut

### Instructions

1. Line an 8-inch square baking pan with parchment paper or wax paper. Set aside. Clear some space in the freezer for this pan--you will need it later.
2. **Make the almond butter layer:** In a medium bowl, add **Almond Butter Layer** ingredients: 1 cup almond butter, ¼ cup + 2 tablespoons maple syrup, and ½ cup coconut flour. Whisk until thickened and difficult to stir. Switch to folding with a rubber spatula until well-incorporated.
3. Pour this almond butter mixture into the prepared baking pan. Using the rubber spatula, smooth into an even layer. Set aside.
4. **Make the chocolate topping:** Use the double boiler method or the following. Add **Chocolate Topping** ingredients to a medium, microwave-safe bowl: 1 cup chocolate chips and ½ cup almond butter. Heat in 20-second increments until chocolate is softened and melty. Stir in between heating, until smooth.
5. Pour the chocolate mixture over the almond butter filling. Using a clean rubber spatula, smooth chocolate into an even layer. Tap the pan a few times to help even out the chocolate.
6. Transfer pan to freezer. Freeze for 45-60 minutes, or until hardened. Remove from freezer and slice into 16 squares. Enjoy! Storing instructions below.

**Notes:** On the first day, these bars are best stored in the refrigerator. Serve and enjoy within 1 hour. After the first day, you may store these bars in an airtight container at room temperature (1-2 weeks), refrigerator (1-2 weeks). Starting week 2, the bars are a bit drier (like Reese's PB cup filling), but still delicious. Nutrition Facts are an estimate, based on 16 bars for this recipe. These bars freeze well. Store in an airtight container in the freezer for 1-2 months. Thaw at room temperature for 10 minutes before enjoying. Or, heat in the microwave in 20-second increments until softened.