

HEALTHY SNICKER BARS

Makes 14

INGREDIENTS

For the base

250g raw almonds
150g raisins
4 Medjool dates (stones removed)

For the caramel

16 Medjool dates (stones removed)
2tbsp coconut oil
Pinch of vanilla powder
2 tbsp boiling water

For the topping

80g salted peanuts, chopped
300g 70% dark chocolate

DIRECTIONS

To make the base, process the almonds in a food processor for about 1 minute, until they reach a fine texture. Remove & set aside in a bowl.

Process the raisins and stoned dates in a food processor, until they form a smooth paste, this might be tricky if your food processor isn't very powerful, the sticky mixture could get stuck, just keep moving the mixture with the processor off with a spatula or give the processor a bit of a wobble, while running to get the mixture moving. Then add the already ground almonds and process the entire mixture.

Place the mixture between two pieces of greaseproof paper and, using a rolling pin, roll it out until you have a square that is 1cm thick.

To make the caramel, blend the stoned dates, coconut oil, vanilla and water in a blender until it becomes a uniform caramel-like mass. It shouldn't be runny, but should hang easily on a spoon. Add a few additional dates or put in the fridge if too runny - just be aware that it solidifies quickly.

Smooth the caramel over the base and sprinkle with the chopped peanuts.

Melt the chocolate in a bain-marie and pour it over the caramel and peanuts, or if you're brave in the microwave.

Let the chocolate cool, then cut the mixture into 14 pieces or smaller blocks. Place in the fridge, I popped mine into a glass mason jar, for easy access. The bars can also be frozen, ideal for when you are in need of a treat, to impress a house guest, you can just whip out some from the freezer and allow to defrost, and there you have it, a perfect yummy treat, it will also be kind of guilt-free..so you could justify two!

Source: Adapted from the book Hygge by Marie Tourell S derberg