
Healthy Snickers

Cook Time: 15 min

prep Time: 10 min

total Time: 40 min

servings: 15

Ingredients:

Shortbread Biscuit Base

1/2 cup (55g) gluten-free rolled oats

3/4 cup (100g) gluten-free oat flour

1/2 cup (70g) roasted peanuts

1/2 cup (75g) coconut sugar

1/8 teaspoon salt

1/2 teaspoon vanilla extract or paste

1/4 cup (60ml) coconut oil, melted

warm water as needed

Caramel Peanut Butter Layer

1/2 cup (125g) smooth peanut butter

1/2 cup (180g) date paste

1-2 tablespoons maple syrup

2 tablespoons coconut oil

1/4 teaspoon salt

1-2 tablespoons water as needed

1/3 cup (50g) roasted peanuts, roughly chopped

Topping

150g dark chocolate, melted

Flaky sea salt for sprinkling

Instructions:

1. Preheat the oven to 350F or 160C. Line an 8-inch or 20cm square baking pan with parchment paper, making sure some of the paper comes up on two sides. Place on a baking sheet and set aside.
2. To make the base: Add the oats, oat flour, peanuts, sugar, and salt to a food processor. Pulse a few times until the peanuts and oats are chopped. Add the vanilla and coconut oil and pulse a few times to incorporate. Add water as needed just until the mixture starts to come together and doesn't crumble when you pinch. Transfer the mixture to the pan and press evenly with the back of a spoon or measuring cup to make a firm layer. Bake for 10mins. Let cool.

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3. To make the caramel: In the same food processor (no need to wash it, just wipe it) add the peanut butter, date paste, 1 tablespoon maple syrup, powders if using, coconut oil and salt. Blend until smooth. Taste and decide if it needs more maple syrup or if the consistency needs a little water. It should be thick but pourable. Pour over the now cooled biscuit, and spread evenly. Sprinkle on the peanuts and press slightly into the caramel. Place the pan into the freezer to firm up the bars before slicing, about 30 minutes.
 4. To make the topping: Chop the chocolate and melt in the microwave or a double boiler. In the meantime remove the bars from the freezer and slice them into the size you prefer. Place on parchment paper and carefully pour about 2 teaspoons of melted chocolate over the top. You can use less chocolate and just drizzle lines, or all the chocolate for a thicker chocolate layer. Sprinkle on the sea salt.
 5. Once the chocolate is set it's ready to serve. Store any leftovers in an airtight container in the fridge for up to 5 days, but I seriously doubt they will last that long.