

NO-BAKE PALEO ALMOND JOY

INGREDIENTS:

FILLING:

❖ Coconut	1 Cup
❖ Honey*	¼ Cup
❖ Coconut oil	3 TBSP
❖ Almond extract	¼ tsp
❖ Sea salt	pinch
❖ Almonds	8 – 10

CHOCOLATE:

❖ Coconut oil	3 TBSP
❖ Tempered cacao	⅓ Cup
❖ Cacao powder**	3 TBSP
❖ Maple syrup	¼ Cup

METHOD:

1. In a medium bowl, combine the coconut, coconut oil, maple syrup, almond extract and salt until an uniform paste is formed.
2. Wrap a small square container with plastic wrap and pressed the mixture into it forming a layer about ¾ inch thick.
3. Press the almonds on top of the mixture, evenly distributed.
4. Freeze for 20-30 minutes and cut the coconut filling into desired shape.
5. Return filling to the freezer.
6. Meanwhile in a small saucepan, gently melt all the ingredients for the chocolate shell and allow to cool off until the mixture thickens to a heavy syrup consistency.***
7. Dip the coconut bars into the chocolate and freeze until the chocolate is hard.
8. If necessary coat in chocolate one more time.
9. Transfer and store in the refrigerator.

Notes:

*Maple syrup may be used in place of honey.

**For a stronger dark chocolate taste use unsweetened cocoa powder.

***For the chocolate shell you have several options, you can follow the recipe below using tempered cacao paste or any unsweetened chocolate bar (preferably soy-free), you can make my raw chocolate recipe or you can just melt Enjoy Life Chocolate chips or your favorite sweetened chocolate bar.

