

# Caramel Coconut Bars

When I tried these the first thing that came out of my mouth was "WOW". If you love caramel, coconut and chocolate try these out you will not regret it!

Prep:  
**10 minutes**

Cook:  
**10 minutes**

Ready In:  
**1 hour**

Servings:  
**8-16**



## Ingredients

1 cup rolled oats  
20 pitted medjool dates\*  
1/4 cup coconut butter\*  
1/4 cup dried shredded coconut  
1/2 cup dark chocolate chips  
1 tsp vanilla extract  
1/4 tsp salt

## Instructions

- 1** In your food processor add in all of your ingredients except the chocolate chips and process until it becomes a sticky crumbly mixture (you should be able to squeeze it in your hand and have it stick together)
- 2** Line a 8x4 loaf pan (any square/rectangular pan actually works here) with parchment paper and press your mixture into the bottom. Place in freezer for 15 minutes.
- 3** Fill a large saucepan halfway with water and find any glass bowl that comfortably fits over the top. Once the water is boiling place the bowl on top add in your chocolate and reduce the heat to a simmer. Stir frequently until all the chocolate chips have melted.
- 4** Take your base out of the freezer and pull down the sides of the parchment paper. Pour the melted chocolate over top and spread evenly. You can top this with extra coconut, chopped nuts, hemp seeds or whatever you like. Place in fridge for 30-40 minutes to set, then cut into squares and serve.
- 5** Recipe Notes If you have really dry dates, make sure to soak them in water for a few hours before and drain the water before adding to the food processor. You can use any nut butter instead of coconut butter (also called coconut manna) I recommend peanut, almond, sunflower or cashew for the best results.