

twix bar



ingredients:

base:

1½ C almond meal
3 Tbsp coconut oil, melted*
3 Tbsp maple syrup*
pinch of flaky sea salt

top layer:

¾ C dark chocolate buttons
1 Tbsp coconut oil*

middle layer:

⅔ C GoodFor smooth peanut butter
⅓ C maple syrup*
3 Tbsp coconut oil*
1 tsp vanilla extract
pinch of flaky sea salt
½ C peanuts, halved or chopped

*Item not available online but is available in your local GoodFor store.

method:

Preheat oven to 180°. Line a 20cm x 10cm tin with baking paper and set aside.

In a medium bowl, add the almond meal, coconut oil, maple syrup and salt. Mix together until it forms a nice thick crumb texture. It might seem a little crumbly at first but keep mixing and once it's pressed together, it should hold. Add to your prepared tin and press down into the bottom. Bake for 10 minutes and then allow to cool.

Next, add the peanut butter, maple syrup, coconut oil, vanilla and salt to a medium sized pot and place over medium heat for approx 2 minutes, stirring frequently. Remove from the heat and cool slightly.

Pour the peanut butter caramel over the slightly cooled crust. Sprinkle your peanuts over this and press into the mix slightly. Place in the fridge for 30 minutes - 1 hour.

To make the chocolate layer, simply add the chocolate buttons and coconut oil to a medium sized pot and heat until melted.

Pour over the cooled peanut butter caramel layer and place back into the fridge for at least 30 minutes, or until hard.

Remove the slice from the tin and cut bars.

Store in the fridge.

