

Beet Bars with Chocolate Glaze



Ready in 1 hour + dough prep overnight

Makes one 8x8 pan

Ingredients

For the bars:

- 1 ¼ cups flour blend of choice
- ½ cup kefir
- 4 tablespoons coconut sugar
- ¼ cup Beet Crystals (0.6 oz)
- 3 tablespoons coconut oil, softened
- Pinch pink salt
- ½ cup coconut milk

For the chocolate glaze:

- ½ cup coconut milk
- 1 tablespoon coconut sugar
- 1 tablespoon cacao powder

Preparation

1. Mix together flour, kefir and coconut sugar. Put in a bag and leave out overnight.
2. In a measuring cup, mix together ¼ cup Beet Crystals and enough water to make ⅓ cup beet puree.
3. Take out the dough, transfer to a bowl and add coconut oil, coconut milk and salt. The mixture will be liquid.
4. Pour into a 8x8 pan and bake 25 min at 320 degrees F.
5. For the chocolate glaze, mix together coconut milk and coconut sugar. Sift in 1 tablespoon cacao powder.
6. Let the bars cool, spoon the glaze on top and enjoy!