

# No Bake Chewy Chocolate Coconut Cashew Bars

These are an easy to make no bake chewy fudge tasting bar. This recipe uses raw cashew butter, but you can substitute for peanut butter, raw almond butter or any type of nut butter that you desire. Great for all ages as an occasional treat.

## Categories

Gluten-free

Yields: 12 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Desserts

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Partly raw



## Ingredients

Cashew butter, unsalted	0.5 cup
Coconut oil	1 teaspoon
Maple syrup	1 teaspoon
Vanilla extract	1 teaspoon
Cinnamon, ground	0.5 teaspoon
Flax seeds, fortified	0.3 cup
Chia seeds	1 tablespoon
Rolled oats	1 x 1/2 cup
Coconut, dried, shredded or flaked, unsweetened	0.25 cup
Cocoa powder, sweetened	2 tablespoon
Walnuts	0.25 cup
Dark chocolate chips, 70%-85% cacao	3 tablespoon

## Instructions

Note: the rolled oats used were organic and gluten-free.

1. In a medium sauce pot over medium heat on your stove top add and start melting the cashew butter, coconut oil, maple syrup, cinnamon, vanilla. Once it is creamy and melted, remove from the stove and with a spoon, add in 2 tbsp cacao powder and combine.
2. If using whole flax seeds grind in a coffee grinder. One third cup of whole flax seeds yields much more once ground , so make sure you have ground flax seeds that you are measuring.
3. Gently fold in the remaining ingredients: oats, flax, chia and coconut.
4. Line an 8 x 4 baking pan with parchment paper.

5. Pour the mixture in the pan. Press down firmly until you cover the bottom of the pan.
6. Add 1/4 of chopped nuts on top. They can be any kind of nut that you desire. I chose walnuts for this recipe. Press into the mixture. Drizzle 1 tsp maple syrup on top.
7. In a small saucepan on the stove add one teaspoon of coconut oil and three tablespoons of dark chocolate chips, 70 % or more, no sugar, till melted. Drizzle on top of bars.
8. Place in the freezer for 20 minutes until firm. Cut into squares and store in the fridge or freezer.