

## **Bounty bar (gluten-free and vegan)**

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## Bounty bar (gluten-free and vegan)

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Forget splurging on superfoods, fancy powders and all that other guff, these delicious bounty bars are made with wholesome and nutritious ingredients.

### **Ingredients** (makes 15)

#### Coconut Filling

- 1 cup coconut milk
- ¼ cup rice malt syrup
- 3 tbsp [coconut oil](#)
- 2 cups desiccated [coconut](#)
- Pinch of sea salt

#### Raw Chocolate Coating

- 1 cup coconut oil
- ½ cup raw [cacao](#) powder
- 2 tbsp rice malt syrup
- Pinch of sea salt

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### Method

To make the coconut filling, place the coconut milk, rice malt syrup, salt and coconut oil in a medium-sized saucepan. Over a low heat, stir the ingredients together until combined. Mix through desiccated coconut.

Line a slice tray or container with baking paper.

Press the coconut mixture into the pan so that it is about 1.5cm thick. Refrigerate until coconut filling has set.

Once completely set, cut the coconut filling into bars.

Cool in the freezer until very cold (this will make the chocolate coating step easier).

For the chocolate: place all ingredients in a double boiler, stirring until smooth/combined.

Allow to cool slightly.

Coat the coconut bars with the first layer of chocolate.

Place on a tray lined with baking paper and refrigerate until set.

When completely set, coat the bars with a second layer of chocolate. Allow to cool in the fridge for five to 10 minutes before serving.

Recipe and images by [Sarah Wilson](#)

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