

Salted almond joy bars

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Salted almond joy bars

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The Fit Foodie, Sally O'Neil has a talent for creating delicious snacks and these salted almond joy bars don't fall short of scrumptious.

Ingredients (makes 8)

Base

- ½ cup gluten-free oats
- ½ cup cashews
- ½ cup almond meal
- ½ cup desiccated coconut
- ½ cup rice malt syrup
- ¼ cup coconut cream

Caramel

- 2 cups dates, soaked in warm water for 1 hour
- 1 tbsp almond butter
- ¼ tsp Himalayan sea salt
- 1 tbsp coconut oil, melted

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Topping

- ½ cup raw almonds, roughly chopped
- ¼ tsp Himalayan sea salt

Raw chocolate sauce

- 3 tbsp coconut oil, melted
- 3 tbsp raw cacao powder
- ½ tbsp rice malt syrup

Method

In a food processor, add the oats, cashews, almond meal, and coconut, pulsing to a flour-like consistency.

Tip the mix into a large bowl and mix in the rice malt syrup and coconut cream, then press into the base of a lined brownie tin.

Back in the food processor, make the caramel layer by blending all the caramel ingredients together until smooth, then pour over the base.

Top the caramel with chopped almonds and salt, then freeze until set for 2 to 4 hours.

Meanwhile, make raw chocolate sauce by mixing together the coconut oil, cacao and rice malt syrup.

Remove the almond slab from the freezer and cut into bars.

Drizzle over the chocolate sauce and enjoy straight away or store back in the freezer for up to a week. Allow to come to room temperature for 10 minutes before serving.

Words, recipes and photography: [Sally O'Neil](#)

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