



## Nanaimo bars, vegan & sugarfree



### Ingredients for a 28x19cm tray:

#### FOR THE BASE

- 100gr almonds
- 200gr pitted dates
- 100gr shredded coconut
- 30gr dutch cacao powder or raw cocoa if you want your bars to be raw

#### FOR THE VANILLA CREAM

- 400gr raw cashews
- 60gr odourless coconut oil
- 40gr agave syrup (or honey)
- 2 drops of edible vanilla essential oil



#### FOR THE CHOCOLATE

- 180gr agave syrup (or honey)
- 60gr odourless melted coconut oil
- 30gr dutch cacao powder or raw cocoa if you want your bars to be raw

### Steps:

1. FOR THE VANILLA CREAM: We start by making the vanilla cream first, so as not to need to wash the food processor in between the steps. You put the cashews in the food processor and pulse till they reach a sand like consistency.
2. Add the coconut oil, agave syrup and vanilla oil and pulse again till you get a cream like a thick dough. Take it out of the food processor and set it aside.
3. FOR THE BASE: Put the almonds in your food processor and pulse.





4. Add the dates and pulse again.
5. Add the shredded coconut and pulse again.
6. Finally add the cacao powder and pulse again till it starts to get slightly sticky.
7. Put the mixture into your tray (you need a tray with ring around it, either round or rectangular like mine) and press it down firmly, while spreading it evenly.
8. Spread the cream on top of the base evenly and place the tray in the fridge for about ten minutes.
9. FOR THE CHOCOLATE: Meanwhile, prepare your chocolate cream. Whisk the coconut oil with the agave in a bowl, then add the cacao powder and whisk them all together well. Spread the chocolate over your cream layer and place the tray in the fridge again for at least 30 minutes.
10. When you take the tray out of the fridge, remove the ring and cut out the pieces you like!

