

Sweet Coconut Milk Bars from KellyintheKitchen

INGREDIENTS

1 can full-fat coconut milk (this is a different type of coconut milk than the stuff you get in a carton - do not substitute)
1 1/2 tbsp honey
1/4 cup walnuts, toasted in a pan and ground to a fine meal in a food processor
3/4 cup ground almond meal
1/2 teaspoon vanilla extract
3 tablespoons butter, melted (or use coconut oil)
2 tablespoons cocoa powder
1/4 cup sliced almonds
1/4 cup sweetened shredded coconut
1/4 cup chocolate chips

DIRECTIONS

First, make the sweetened condensed coconut milk. Empty the can of full-fat coconut milk into a sauce pan and stir in the honey. Bring to a boil, stirring pretty consistently, and then reduce to a mellow simmer. Stir occasionally and cook for about an hour and 15 minutes, until the liquid is reduced by half and has darkened slightly in color. It should be thick and creamy – look for it to coat a spoon thickly and be the consistency of gently whipped cream.

To prepare the crust, preheat oven to 350 F. Mix together ground walnuts, almond meal, vanilla extract, butter, and cocoa powder. Line a small baking dish with parchment paper and transfer the crust mixture to the dish. Use your fingers to press the crust into a thin layer that covers the bottom of the pan. Bake for 5 minutes.

To assemble the filling, mix together the almonds, shredded coconut, and chocolate chips. Spread the condensed coconut milk over the crust and sprinkle the chocolate chip mixture over the top. Bake for 15 minutes.

Take the bars out of the oven and carefully lift the parchment paper up and out of the pan and set it on a wire rack to cool for one hour. Then transfer to the refrigerator. Let them set in the fridge for at least an hour before cutting into squares. To make sure the squares hold their shape and don't fall apart, keep them refrigerated.