HEALTHY TIPS

Tasty Keto Chocolate Crunch Bars (Egg And Dairy-Free)

By bestfolkmedicine · 21/12/2018 · 2 min read



Nowadays,one of the hardest things to come by in supermarkets is healthy snacks,especially sweet ones. This being said, it is good to know that you just need a couple of ingredients and you can make your own easy, healthy, and delicious sweets that will keep you sated and satisfied. Cool, right?

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If you are in need of a healthy, easy, and yummy recipe for a laid back Saturday,these homemade crunch bars are the ideal choice for you. They are suitable for ketogenic and low-carb diets and abundant in nutrients.

The coconut, nuts, and seeds add to the crunchiness and rich taste. You need not worry about any unhealthy ingredients often found in store-bought desserts of sweets. Also, it is highly recommendable for people who follow a plant-based or gluten-free diet.

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Come on, let us check out the recipe together-you are probably impatient, right?

Keto Chocolate Crunch Bars Recipe

For the chocolate:

Half a cup of cacao powder

1/3 cup of maple syrup

A cup of coconut oil

Preparation: Add the ingredients in a saucepan and melt them over low heat. Stir all the time. When the content has become homogeneous, remove it from heat.

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For the bars:

A cup of cashew or almonds butter

3 cups of seed and nut mixture (for example, sunflower, sesame or pumpkin seeds)

Half a cup of maple syrup

¼ cup of coconut oil

8×8 baking pan

Preparation: In a bowl, mix the butter, sweetener, and coconut oil and then add the seed and nut mixture. Combine everything together and add the previously prepared chocolate. Mix until you get an even texture.

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Then, spoon the content into the pan and cut it into 9 squares. Cover it loosely with a foil or a paper and put it in the fridge to set for a couple of hours. Then, whenever you want a snack, take out a

square and enjoy!

Heading out? Sure thing! But, before you do, make sure you check out another recipe for a healthy and delicious treat that we have prepared for you!

Sources:

THE HEARTY SOUL

THE BIG MAN'S WORLD

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