

Keto Vegan Nanaimo Bars

Description

These bars are so yummy that every bit is heavenly.

Prep/total time: Two hours

Servings: 12

Ingredients

For Crust

- 1 cup of ground pecans
- 1 tablespoon of cocoa powder
- 1/2 cup of coconut manna/butter

For Filling

- 1 cup of Macadamia/Brazil/ Cashew nuts (soaked overnight)
- 1/2 cup of coconut manna/butter
- 1/4 cup of coconut oil
- 1/4 cup warm water
- 1 tablespoon of vanilla extract
- 10 drops of liquid stevia

For Glaze

- 1/4 cup of unsweetened (or stevia sweetened) chocolate
- 2 tablespoons of coconut oil

Instructions

1. Combine the cocoa powder, ground pecans, and softened coconut butter. Press into a dough and then press the dough into a large baking dish to form the crust.
2. Transfer to the refrigerator to chill the crust for fifteen minutes.
3. Add the nuts, coconut oil, coconut butter, liquid stevia, and vanilla extract into a blender and blend. Add in a quarter cup of water and blend until smooth.
4. Pour the filling into the crust and chill in the fridge for an additional forty-five minutes. Then prepare the glaze by melting coconut oil and chocolate over low heat. Stir and then pour on the filling. Swirl to distribute the glaze.
5. Chill in the fridge for an additional fifteen minutes, slice and serve.