



MAGIC COOKIE BARS

Freedom Kitchen Kids Intro Class



Photo credit: Lisa Jendza

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Nutrient-dense, whole food “treat”

FREEDOMKITCHEN

INGREDIENTS

Crust

- 1 cup Almond flour
- 1 T Coconut flour
- 1/4 cup Coconut oil
- 1/4 cup Maple syrup
- 1/4 tsp vanilla
- 1/8 tsp salt

Chocolate Caramel

- 1/4 cup Coconut oil
- 1/4 cup Maple syrup
- or coconut syrup*
- 2 T Cocoa powder
- 2 T Almond butter
- Pinch of salt

Toppings

- 1/4 cup Mini Chocolate Chips
- 1/4 cup Pecans
- 1/4 cup Pistachios
- 1/4 cup Coconut flakes

DIRECTIONS

1. Prepare an 8x8 inch baking dish with grease or parchment paper.
2. In a mixing bowl, combine almond flour, coconut flour, melted coconut oil, maple syrup, vanilla, and salt until well combined. Press into baking dish.
3. In a food processor add coconut oil, maple syrup, cocoa powder, almond butter and pinch of salt to make the chocolate caramel layer.
4. Spread the chocolate caramel layer over the crust.
5. While the caramel is still “wet” add your toppings: mini chocolate chips, chopped pecans, chopped pistachios and unsweetened coconut flakes.
6. Press down (using parchment paper may make this step easier).
7. Refrigerate for at least an hour.
8. Once it has hardened, cut in to bars.

Remember to store them in the refrigerator.

CLASS DISCUSSION

Healthy swaps: replacing the wheat flour (GI 77) with almond flour (GI 1) significantly reduced the glycemic load. Using maple syrup (GI 55) also reduces impact. Most importantly, we ditched the corn syrup and the traditional use of sweetened condensed milk for this recipe. This is an easy no-bake recipe, packed with nutrient-dense ingredients. Let's keep cooking together!