






HEALTHY BOUNTY BARS

 5 minutes
 40 minutes
 16 portions

INGREDIENTS

- 1 cup of coconut milk (For Filling)
- 4 tbsp of rice Malt Syrup (For Filling)
- 3 tbsps of oil, coconut (For filling)
- 2 cups of desiccated coconut (170 g)
- 1 cup of oil, coconut (For chocolate coating)
- 1/2 cup of cacao powder (For chocolate coating)
- 2 tbsp of rice Malt Syrup (For chocolate coating)

COOKING METHOD

- 1° To make the coconut filling, place the coconut milk, rice malt syrup coconut oil and a pinch of salt in a medium sized saucepan
- 2° Over a low heat, stir the ingredients together until combined
- 3° Mix through desiccated coconut
- 4° Line a slice tray or container with baking paper
- 5° Press the coconut mixture into the pan so that it is about 1.5cm thick. Refrigerate until coconut filling has set
- 6° Once completely set, cut the coconut filling into bars
- 7° Cool in the freezer until very cold (this will make the chocolate coating step easier)
- 8° For the chocolate: place all ingredients along with a pinch of salt in a double boiler, stirring until smooth/ combined. Allow to cool slightly
- 9° Coat the coconut bars with the first layer of chocolate
- 10° Place on a tray lined with baking paper and refrigerate until set
- 11° When completely set, coat the bars with a second layer of chocolate
- 12° Allow to cool in the fridge for 5-10 minutes before serving

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (47 g)	% DRI
ENERGY	505 kcal	239 kcal	12 %
FAT	47 g	22 g	34 %
FATTY ACIDS, TOTAL SATURATED	40 g	19 g	95 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	69 mg	33 mg	1 %
CARBOHYDRATE	22 g	10 g	3 %
SUGARS	13 g	6 g	—
FIBER	4 g	2 g	8 %
PROTEIN	3 g	1 g	—