

Halfway Healthy Snickers Bars

There are 4 components to this recipe.

The caramel layer, the chewy layer, the nuts and the chocolate.

It's best to start with the caramel layer first.

By the way, this date caramel is smashingly good so you might want to make extra of this so you can use it over something else, which is code for eating it straight out of the jar!



Ingredients

Caramel

- 2 cups tightly packed soft Medjool dates
- 4 tablespoons peanut butter
- 2 teaspoons vanilla extract
- 2 teaspoons maca powder (Optional but gives it a more caramelly flavour)
- 1/2 teaspoon salt

Oaty chewy stuff

- 1 1/3 cup oat flour, you can buy this or make your own by grinding rolled oats
- 1/2 cup of the date caramel

Other

- 2/3 cup dry roasted salted peanuts
- 250g your choice of chocolate

Method

1. Remove seeds from dates and place into large bowl. Cover with hot water and soak for 10 minutes.

2. Drain off any excess liquid from the dates (they should be slightly moist, but not dripping) and add them to a food processor or high-speed blender with the remaining ingredients for the Caramel. Process until thick and smooth.
3. Remove the caramel from the food processor to a bowl. Add the oat flour to the food processor (no need to rinse) with ½ cup of the date caramel and process until well incorporated. This should form a slightly sticky “dough” that will hold together when you pinch it.
4. Firmly and evenly press the Oat Flour chewy layer into a lined small narrow bar tin (approximately 20cm x 8cm)
5. Use a spatula to spread the remaining caramel evenly over the chewy layer, then sprinkle the peanut pieces over the caramel. Use your fingers to press the peanuts into the caramel layer, so they are embedded.
6. Place in the freezer for 60-90 minutes, until firm.
7. Remove the frozen filling from the tin and cut into bar or bite-sized pieces. Return these to the freezer while you melt your chocolate.
8. Place your chocolate pieces into a wide plastic bowl and microwave at 20 seconds intervals stirring in between. Once the chocolate is 75% melted, stop microwaving and stir the mixture with a spatula until completely melted.
9. Work quickly, using two forks, dip one bar at a time into the bowl of melted chocolate until it is fully coated. Lift the bar from the bowl of chocolate and let any excess drip off, then place it onto a tray lined with baking paper. Repeat with the remaining bars.
10. Refrigerate the bars for 5-10 minutes, to allow the chocolate to harden.

Bars are best stored in the fridge and will last there for up to 10 days.

You can also place them in the freezer, where they will last for up to one month.

If storing in the freezer, before eating, allow the bars to thaw at room temperature for 5 minutes.