

Chocolate Coconut Primal Nut Bars



By Dana Brandt-Tinker

INSPIRATION

I was inspired to find a recipe that is loaded with coconut oil due to its many health benefits and packed full of protein. For an added twist I added the chocolate for its health benefits. This is a wonderful treat that is low in carb, high in fat, that you can have any time of day. You deserve to treat yourself!

INGREDIENTS

- 2 cup almonds (soaked, dehydrated and roasted)
- 2 cup pecans (soaked, dehydrated and roasted)
- 1 cup nut flour (I use hazelnut flour)
- 1 cup almond butter (I make my own but I also recommend Mara Natha)
- 1 cup coconut oil (I prefer Tropical Traditions Gold Label or Nutiva)
- 1/8 cup of local honey or Grade B maple syrup ([or Grade A Dark- Robust](#))
- 2 teaspoons alcohol-free vanilla flavoring (I recommend Frontier brand)
- 1/2 teaspoon salt
- 1 bar Madécasse 92% Pure Dark Chocolate (or Theo 90% chocolate)
- 1 cup of unsweetened shredded dried coconut

NOTE

Make sure that you soak almonds and pecans for a minimum of 24 hours in water and a little of salt to help remove the anti-nutrients in them like lectins and phytic acid from them. Anti-nutrients interfere with the proper absorption of vitamin and minerals in your body.

Lectins are known to irritate the gut lining and create inflammation.

Phytic acid is known to bind to minerals like calcium, iron and magnesium and prevent them from being absorbed.

I roast my nuts in a 350° oven for 12-15 minutes.

DIRECTIONS

1. After the almonds and pecans have been soaked, dehydrated and roasted place the nuts in a food processor, and process until they are a coarse meal. Don't pulse too much – you want pieces of nuts to remain. Place the nuts in a medium-sized bowl with the nut flour and stir to combine.
2. In a double boiler or microwave safe bowl combine the chocolate, coconut oil, almond butter, honey vanilla and salt. Allow everything to melt. Stir until well combined. If using the microwave, melt everything at 20 second intervals and stir in between until well combined.
3. Combine the melted chocolate mixer into the nuts.
4. Add in the unsweetened dried coconut.
5. Pour into a 9x11 inch (or smaller) baking dish that is lined with parchment paper and smooth it edge to edge.
6. Cover and chill in the fridge for one hour, or until solid.
7. Cut into squares, and keep chilled until ready to eat.