



Peanut Butter Hazelnut Healthy Bars

For the crust:

Ingredients:

- 1 cup Hazelnuts and Walnuts
- 15 pitted medjool dates
- 2/3 cup almond meal
- 1/3 Cacao powder, unsweetened (plus more for rolling)
- 2 Tbsp Chia seeds
- Pinch of Salt
- 3 Tbsp of Peanut Butter
- Roasted hazelnuts to fill the truffles

Instructions:

1. Add nuts the food processor and pulse into a meal.
2. Add the rest of the ingredients and pulse/mix to combine.
3. The results will a moist dough like mixture. If it's too wet add more cacao, one spoon at a time.
4. Refrigerate mixture for 15 minutes.
5. Then using your hands spread inside you mold making a layer.

For the filling:

Ingredients:

- 1 can full-fat coconut milk or heavy cream if not vegan
- 100 grams/1 bar dark chocolate
- 1/2 teaspoon pure vanilla extract
- 2 tablespoons of Maple syrup

Instructions:

1. Chop the chocolate and place into a heatproof bowl. Set aside.
2. Add the coconut milk to a small saucepan. Heat over low medium until simmering. Pour the milk over the chopped chocolate and let it sit for about 30 seconds, then whisk until a smooth, even mixture forms.
3. Whisk in the vanilla and maple. Using a hand mixer, mix until you get a smooth consistency.
4. Pour over crust and refrigerate overnight for better results. Top with more hazelnuts and fruits.