

ALMOND COCONUT CANDY BAR

Recipe developed by Chef Paige Vondran



	Ingredients	Exchanges
Protein	25.4 gm macadamia nut, pureed	2.7 (-16.2 gm fat)
	4.8 gm almonds	1 (-1.5 gm fat)
Fat	6.3 gm coconut oil	6 (-17.7 gm)
	10 gm butter	2
Carbohydrate	2.3 gm unsweetened coconut flakes	0.7
	0.8 exc unsweetened cocoa powder	0.6
Other	4 gm erythritol 2 tsp. Walden Farms® chocolate syrup	

DIRECTIONS

- Puree macadamia nuts until smooth.
- In a small bowl, melt the coconut oil.
- Mix the macadamia nut puree, erythritol, and the unsweetened coconut flakes (reserving some to sprinkle over top) into the melted coconut oil.
- Stir until smooth.
- Either in a silicone mold or on a piece of plastic wrap, spread the nut mixture onto the shape of a candy bar.
- In a separate small bowl, melt the butter.
- Add the unsweetened cocoa powder and chocolate syrup.
- Top the nut mixture with almonds, then spread the chocolate mixture over top (or put the almonds on top of the chocolate mixture).
- Sprinkle with the rest of the unsweetened coconut flakes.
- Place in the refrigerator until firm.

VARIATIONS

- Alternatively, almond flour or peanut butter can be used as the base in place of macadamia nut.
- Other nuts can be added to this recipe. If there are extra carbohydrate exchanges in your child's meal plan, cashews can be added.