

BUCKEYE BARS

INGREDIENTS

1 cup peanut butter
1/8 cup maple syrup
1/3 cup coconut or almond flour

Chocolate Layer

1 cup Lilly's chocolate chips
1/2 cup peanut butter
sea salt or pink Himalayan
1 tbsp coconut oil

PROCEDURE

Line an 8-inch square baking pan with parchment paper.

For the bottom layer: in a medium bowl, stir together the 1 cup peanut butter, maple syrup, and flour until thoroughly combined. Transfer to the prepared baking pan, and smooth into an even layer. Set aside.

For the chocolate top layer: Combine the chocolate chips, 1/2 cup peanut butter and coconut oil. Heat and keep stirring until chocolate is melted, and mixture is smooth. Pour the chocolate mixture over the peanut butter layer. Tilt the pan to distribute the chocolate, using a rubber spatula to create even layer. Sprinkle with sea salt.

Transfer the pan to freezer and for 45-60 minutes or until hardened. Remove from freezer and cut into squares.

Can use 1/2 cup chocolates and add 1 tbsp cocoa powder