



NANAIMO BARS

YIELDS: 8 LARGE BARS

These classic Canadian treats are reimagined with whole food ingredients and a good dose of healthy fats and fibre. The whole family will love these convenient dairy-free bars! These can also easily be made gluten free.



Ingredients

FOR THE BASE LAYER

- 2 Tbsp coconut oil
- ½ cup Medjool dates, finely chopped
- ½ cup unsweetened desiccated coconut
- ½ cup Anita's Organic Gluten Free Almond Flour
- ¼ cup Anita's Organic Rolled Oats, or Gluten Free Oats
- 2 Tbsp cocoa powder
- Pinch salt

FOR THE CUSTARD LAYER

- ½ cup cashew butter (we used Nuts to You Nut Butter brand)
- ½ cup canned full-fat coconut milk
- 2 Tbsp coconut oil
- 2 Tbsp maple syrup
- 1 tsp vanilla extract
- Pinch of turmeric (optional)
- Pinch salt

FOR THE CHOCOLATE LAYER

- 1 cup chocolate chips
- 1 Tbsp coconut oil

Instructions

1. Line an 8½" x 4½" x 2½" loaf pan with parchment paper.
2. Place all base ingredients in a food processor and pulse until mixture is well combined and holds together when pressed. Alternatively, you can mix the ingredients with your hands, making sure to smush the dates so they act as a glue for the other ingredients.
3. Press the mixture firmly and evenly into the loaf pan.
4. Place the custard ingredients in a mixing bowl and whisk until smooth. If the mixture is difficult to combine you may gently heat it in a double boiler.
5. Pour the custard over top of the base layer and smooth out with a spatula. Allow to chill in the refrigerator for two hours.
6. Melt chocolate with coconut oil in a double boiler or microwave. Pour evenly on top of the custard layer. Allow to fully set, approximately 30-60 minutes in the fridge.
7. Cut into 8 even squares with a hot knife.
8. Store in fridge to keep custard layer firm.

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