

Healthy Twix Bars



Ingredients

For 12 bars

Bottom Layer (Cookie Crust)

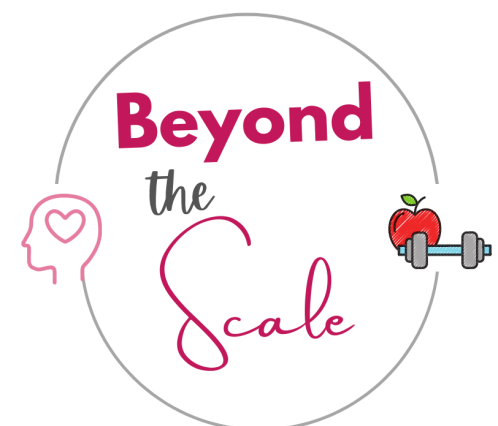
- 1 cup Almond Flour
- 1/2 cup Oat Flour
- 2 Tbsp Pure Maple Syrup
- 3 Tbsp Melted Coconut Oil
- 1 tsp Pure Vanilla Extract
- 1/4 tsp Pink Himalayan Salt

Middle Caramel Layer

- 1/3 cup Pure Maple Syrup
- 1 cup Natural Peanut Butter or Almond Butter
- 1/4 cup Vanilla Protein Powder
- 1 tsp Pure Vanilla Extract
- 1/4 tsp Pink Himalayan Salt
- 1/4 cup Coconut Oil (melted)

Chocolate Layer (Topping)

- 1 cup Chocolate Chips
- 2 Tbsp Coconut Oil



Directions

1. Preheat oven to 350 degrees then line pan with parchment paper
2. In a medium/large bowl add almond flour, coconut oil, maple syrup, vanilla extract and salt. Mix together with a fork until it forms a nice thick crumb texture. Then add mixture to pan and use your fingers to evenly press down into the pan. Bake for 10 minutes. Allow crust cool for 15-20 mins.

3. For Caramel Layer:

Add all ingredients into medium sized bowl (allow coconut oil to cool)

Set aside until crust is cooled enough to add middle layer on top

4. **Chocolate Layer:** Add chocolate chips and coconut oil to a microwave safe bowl and microwave on high in 30 second increments, stirring until completely melted. Pour on top as last layer, let cool again before cutting into bars!