

VEGAN SNICKERS BARS★★★★★

COURSE: DESSERT CUISINE: VEGAN

KEYWORD: VEGAN SNICKERS PREP TIME: 25 MINUTES

TOTAL TIME: 25 MINUTES SERVINGS: 16 CALORIES: 161KCAL

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These Vegan Snickers Bars taste like your favorite candy bar, but they're naturally sweet and easy to make at home.

EQUIPMENT

- Food Processor

INGREDIENTS

NOUGAT LAYER:

- 3/4 cup pitted Medjool dates (179 grams)
- 1 cup blanched almond flour (115 grams)
- 1/4 teaspoon fine sea salt
- 1/2 teaspoon vanilla extract

VEGAN CARAMEL:

- 1/4 cup all-natural creamy peanut butter (71 grams)
- 1/4 cup maple syrup (78 grams)

PEANUTS:

- 1/3 cup roasted & salted peanut halves (50 grams)

CHOCOLATE COATING:

- 1/4 cup cacao powder (23 grams)
- 1/4 cup melted coconut oil (50 grams)
- 1/4 cup maple syrup, at room temperature (80 grams)

INSTRUCTIONS

1. Lightly spray a 9x5-inch pan with oil, then line it with parchment paper. (The oil helps the paper stay in place while you work, but it won't touch the bars.)
2. To prepare the nougat, briefly pulse the dates in a large food processor fitted with an S blade, until they look crumbly. Add in the almond flour, salt, and vanilla, and process again until the mixture looks uniform. It's okay if the mixture looks dry and crumbly, as long as it sticks together when pressed between your fingers.
3. Pour the nougat layer into the bottom of the lined pan, then press firmly to pack the nougat layer evenly into the bottom of the pan. Set aside.
4. To make the caramel, stir together the peanut butter and maple syrup, until very smooth. Pour the caramel over the nougat layer, and use a spatula to spread it out.
5. Sprinkle the peanut halves over the top of the caramel, making sure they are distributed evenly throughout the pan. Set the pan in the freezer while you make the final layer.
6. To prepare the chocolate coating, mix together the cacao powder, coconut oil, and maple syrup. This works best if the maple syrup isn't cold from the fridge, so the mixture will stay pourable. Remove the pan from the freezer and pour the chocolate topping over the top. Use a spatula to spread the chocolate evenly over the entire top of the peanut layer.
7. Place the pan in the freezer to set until the bars are totally firm, at least 1 hour. Slice into 8 rows, then cut each bar in half to create 16 "fun size" candy bars. For

a smaller, bite-size treat, cut the 16 pieces in half again to make 32 small squares. These bars are very rich, so you don't need much!

8. Homemade Snickers Bars need to be stored in the fridge or freezer to remain solid. They will soften at room temperature and, as a result, will be messier to eat. Keep in mind that the caramel layer will not totally firm up, so it might spill out the sides as you bite into these bars. You can store these in an airtight container for up to 3 months in the freezer, if you don't eat them all before then.

NOTES

Nutrition information is for 1 of 16 small bars. This information is automatically calculated, and is just an estimate, not a guarantee. For a lower-calorie treat, cut the 16 bars in half to create 32 bite-size squares.

If you would rather make this recipe with almonds and almond butter, feel free! It should be just as delicious, but I would add an extra pinch of salt to the caramel layer, since most store-bought almond butter is unsalted.

You can melt 1/2 cup of mini vegan chocolate chips (about 3.5 ounces) instead of the chocolate coating layer, if you'd rather use that as the topping.

NUTRITION

Calories: 161kcal | Carbohydrates: 16g | Protein: 4g | Fat: 11g | Saturated Fat: 4g | Sodium: 60mg | Potassium: 138mg | Fiber: 2g | Sugar: 11g | Vitamin A: 10IU | Calcium: 35mg | Iron: 1mg

<https://detoxinista.com/healthy-snickers-bars-vegan/>