

Vegan No Bake Elvis Bars

Ingredients:

Crust

1 ½ cups	Almonds, whole
2 Tablespoons	Coconut oil
2 Tablespoons	Maple syrup
1 Tablespoon	Nut butter
½ teaspoons	Cinnamon
Pinch	Kosher salt

Filling

2 each	Banana, peeled
½ cup	Coconut oil
2 Tablespoons	Nut butter
1 teaspoon	Vanilla extract
Pinch	Kosher salt

Chocolate Drizzle

3 Tablespoons	Chocolate chip
½ Tablespoon	Coconut oil



Method:

Crust

- Line a 15x9 inch square pan with parchment paper and spray paper with pan spray.
- In a food processor, add almonds and process until it resembles fine sand.
- Add in the 2 Tbsp. coconut oil, maple syrup, 1 Tbsp. nut butter, cinnamon, and salt. Pulse until mixed evenly, scrape side thoroughly.
- Pour the crust mixture into the prepared pan and spread out evenly. Place in freezer while making the filling.

Filling

- In a clean processor bowl, add all the filling ingredients and mix until smooth, no banana chunks.
- Pour over frozen crust and place back into freezer for 1-2 hours or until filling is firm to the touch. Cut into portions.

Chocolate Drizzle

- In a small pot, melt together the chocolate chips and ½ Tbsp. coconut oil. Drizzle melted chocolate over the portioned out squares.
- Return to the freezer until ready to serve.

Nutritional Information:

Servings: 16 | Calories: 150 | Fat: 12 grams | Sodium: 20 milligrams
Carbohydrates: 10 grams | Protein: 3 grams | Fiber: 2 grams