

## Clean 'Bounty' Bars



I have tried to make these a few times but they either haven't stuck together or the chocolate has been too sweet but I think that I've managed to get these just perfect. The only trouble you'll have is trying to have just one!!!

This recipe will make approx. 18 small bars

You'll need:

- 250g of DARK Chocolate – I used 92% The darker the better!
- 200g packet of creamed coconut
- 2 tsp good quality vanilla extract
- 150g desiccated coconut
- 2 tbsp. honey
- 5 tbsp. coconut oil
- Pinch of sea salt – optional but it does go well with the bitter chocolate

Firstly you need to soften your creamed coconut so you'll need to break this up in your fingers while it's still in its wrapper, the heat from your hands will help, then place into a bowl and keep stirring until softened. Now mix in the coconut oil, you can melt this a little first if you want but I found no need – it melted naturally while I was stirring it. Add the honey, vanilla essence and desiccated coconut and give it all a really good mix together. The mix should be quite thick at this point.

Tip this into your baking tray and press it down firmly. I made mine approx. ½ an inch thick. This now needs to set in the freezer for about 20mins. The colder the better so that when you add the chocolate it will set quite quickly.

While the filling is in the freezer, melt the chocolate either in a bowl over some hot water or in the microwave and stir in the salt. Leave it to cool just slightly so that it thickens. If it's too hot it will run straight off the bars. You want a good coating on them!

After 20 mins remove your coconut filling from the freezer and slice into bars – the size is up to you!

Dip each bar into the chocolate and make sure all sides are coated. Then leave in the fridge to set. These will keep for a couple of weeks if they are in an airtight container and stored in the fridge but I doubt they're going to last that long ☺