

Salt and Serenity

Healthy-ish Salted Almond Joy Bars

Adapted from Anna Jones' recipe for *Salted Almond Butter Chocolate Bars*, in *A Modern Way to Cook*.

Makes 24 bars

2 cups unsweetened almond butter
6 Tablespoons honey or Agave syrup
¼ cup melted coconut oil
2 teaspoons good vanilla extract or vanilla bean paste
½ teaspoon kosher salt
3 cups unsweetened shredded coconut
1 pound dark chocolate (70%), coarsely chopped
48 whole toasted almonds
Maldon or other coarse sea salt

Line a 9 x 13 inch baking pan with parchment paper. If you are unsure of the best way to do this, watch this video:

http://www.saltandserenity.com/wp-content/uploads/2015/12/lining-pan-4.m4v?_=1

1. In a large mixing bowl, place almond butter, honey or agave syrup, coconut oil, vanilla, salt and unsweetened coconut and mix well to combine. Transfer the dough into the lined baking pan and use clean wet hands to press it into an even layer.
2. Put the baking pan into the freezer for about 30 minutes.
3. Bring about an inch of water to a simmer in a small pot. Place about ¾ of the chocolate into a medium sized heatproof bowl. Reserve the remaining chocolate to add later. Set the bowl over of the pot, making sure the water doesn't touch the bottom of the bowl. Stir chocolate occasionally as it melts. When it is just melted, remove bowl from pot and add reserved chopped chocolate. Stir until all the chocolate is melted. Set aside to cool slightly. You want the chocolate to thicken a bit more before dipping.
4. Take the almond mixture out of the freezer and cut it into 24 bars. To do this, make six vertical slices and four horizontal ones. Pop them back into the freezer to chill for another 10 minutes.

5. Line a baking sheet with parchment paper. Take the frozen bars out of the freezer and dip them into the chocolate, using two forks to turn them, and then lay them on the parchment. After dipping each bar, top with two whole almonds and a pinch of Maldon Sea salt, while the chocolate is still wet. Once you have coated all the bars, put them into the fridge to set.

These bars can be stacked in a container and kept in the fridge for up to a month. They also freeze really well.