



Keto Magic Cookie Bars

Active Time: 40 minutes | Total Time: 2 hours | Serves: 9

Nutrition Information Per Serving

268.3 calories, 15.57 g carbohydrate, 4.79 g fiber, 2.78 g NET carbs, 3.88 g protein, 26.65 g fat

Ingredients

- 1 tsp xanthan gum
- 5 Tbsp(s) Wholesome Sweeteners Organic Zero
- 2 Tbsp(s) Artisana Raw Organic Coconut Butter
- 2 ounce(s) Lily's Dark Chocolate Chips
- 15 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 5 Tbsp(s) grass-fed butter
- 1 large organic egg
- 1/4 cup(s) unsweetened shredded coconut
- 1/2 cup(s) pecans, chopped
- 1/2 cup(s) organic heavy cream
- 1/4 cup(s) coconut flour
- 1/2 cup(s) blanched almond flour

Preparation

1. Preheat the oven to 350 F. Grease an 8 x 8 pan.
2. Make the caramel. In a small saucepan, add 2 Tbsp. of the the butter and heat over low heat. Add 4 Tbsp. erythritol, 1 Tbsp. cream and xanthan gum (if using). Simmer for 2 minutes to golden. Remove from heat.
3. Make the crust. Add the coconut flour, almond flour, egg, 2 Tbsp. butter and 1 Tbsp. erythritol to a small bowl. Stir to form a dough. Press into the bottom of the prepared pan and transfer to the oven. Bake 10 minutes and cool on a wire rack.
4. Make the ganache. Melt the chocolate chips with 1 Tbsp. cream using a double boiler or in 20 second bursts in the microwave.
5. Make the coconut crème. Whisk together 6 Tbsp. cream, coconut butter and stevia to form a smooth mixture.
6. Spread the ganache over the pre-baked crust. Top with chopped pecans. Drizzle with caramel sauce. Pour coconut crème over. Sprinkle with shredded coconut. Top with chocolate chips.
7. Transfer to oven and bake 20 minutes. Cool on a wire rack for 30 minutes, then refrigerate for 1 hour before cutting into squares.

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