

There Are Only 4 Ingredients In These Yummy No-Bake Dessert Bars!

Ingredients

2 cups unsweetened shredded coconut

1/3 cup honey (use a bit less if you prefer less sweet)

3/4 cup extra-virgin cold-pressed coconut oil, at room temperature

1 cup dark bittersweet chocolate chips

2 Tbsp milk of choice (optional, makes a more sliceable topping)

Instructions:

Your coconut oil should be at room temperature and have the consistency of soft butter. (If not, you can warm it very gently in a small saucepan until just melted). Mix in the honey, then add the coconut. Stir until thick and evenly incorporated. Press the whole mixture into a 9 x 5 inch baking pan (8 x 8 inch works well too though the bars will be a bit thinner) lined with parchment paper with an overhang for easy removal and slicing. Smooth and press down the top with the back of a spoon. Place the pan in the freezer for about 10 to 15 minutes while you prepare the chocolate topping.

Melt the chocolate chips over the lowest heat setting or ideally in a double boiler. Add 2 Tbsp milk of choice (this is optional but it softens the chocolate layer a bit and makes it easier to slice). Stir gently to incorporate milk and ensure the chocolate melts evenly and does not burn on the bottom. Heat until just melted and then remove from heat. Let the

chocolate cool down if it is hot, it should be lukewarm (almost cold) before spreading on top of the cold and hardened coconut base.

Place the pan in the fridge for about 30 minutes to set the chocolate. Remove from the fridge, pull out the whole block by tugging on the parchment paper edges. Slice with a sharp knife and serve. These slice better if they're fully hardened and running the knife through hot water first also helps to get a clean slice. Store the squares in the refrigerator. They will keep for 2 weeks.

Source : allrecipes.com