

GAPS Friendly Magic Bars



For the Coconut Sweetened Condensed Milk:

1 can of coconut milk
2 T. maple syrup
pinch of salt

For the Cookie Crust:

½ c. almond flour
½ c. coconut flour
¼ t. salt
¼ t. baking soda
¼ c. ghee
2 T. maple syrup
1 egg
1 t. vanilla

For the Bars:

¾ c. chocolate chips
½ c. chopped pecans
1/3 c. unsweetened shredded coconut

Preheat the oven to 350 F. Lightly grease a 9x9 inch baking pan.

Make the coconut milk sweetened condensed milk by placing the coconut milk, maple syrup, and salt in a small saucepan over medium heat. Once it boils, reduce heat to a simmer and cook for 30-40 minutes, stirring occasionally until the mixture has reduced by half.

While the coconut milk reduces, make the cookie crust. Place the almond flour, coconut flour, salt, and baking soda in the bowl of a food processor. Pulse to combine. Add the ghee, maple syrup, egg and vanilla and process until smooth. Press the dough into the prepared pan in an even layer. Bake for 15 minutes, until set.

When the crust is done pre-baking, remove it from the oven and top it with 1 cup of chocolate chips. Top with the chopped pecans and shredded coconut. Pour the reduced coconut milk mixture over everything. Bake for 25 minutes. Allow the bars to cool for at least 1 hour before slicing. Enjoy!

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