

Peanut Butter Caramel Bars

Ingredients:

- 1/3 cup creamy almond butter
- 1/3 cup creamy peanut butter
- 2/3 cup pure maple syrup
- 2/3 cup ghee (*can sub melted coconut oil - but the consistency will be more like toffee*)
- 2 tsp vanilla
- Pinch of salt
- 2 cups chocolate chips + 1 TBS coconut oil

Directions

1. Combine the coconut oil and syrup in a small saucepan over medium high heat. Bring it to a boil, and let it bubble for one minute.
2. Remove from heat and stir in nut butters, vanilla and pinch of salt
3. Use a mini muffin tin, candy mold, or lined loaf pan and divide the mixture evenly. Freeze for an hour.
4. Combine chocolate chips and 1 TBS coconut oil and melt in microwave (doesn't take long- do in 30 second intervals and stir each time)
5. Spread melted chocolate evenly among bars. Sprinkle with flaky sea salt if you choose! Place back in the freezer until firm and enjoy!

*These store best in the freezer!

MADE WITH LOVE

by Teresa Forchard