

Magic Cookie Bars (Paleo)

Shopping List:

- 1 can full fat coconut milk
- 1/2 cup honey + 3 tbsp (if vegan, then use agave)
- 1/3 room temperature coconut oil
- 3/4 cup coconut flour
- salt
- 2/3 cup chopped or slivered almonds (pecans work well too)
- 3/4 cup [dark Enjoy Life chocolate chips](#)
- 1/2 cup unsweetened shredded coconut or coconut flakes

Instructions:

Using a large pot over high heat, whisk the coconut milk and 1/2 cup honey (or agave) together. Bring it to a boil for one minute, stirring constantly. Turn the heat down to a simmer for 20 minutes, stirring frequently. The sauce should reduce about halfway, though mine didn't quite get there but that can vary depending upon your coconut milk.

Transfer the sauce to a measuring cup to allow it to cool. You will use only about 1 cup to maybe a little more. Any extra you can discard afterwards or use for something else (pancakes anyone?).

Turn on the oven to 350* F. Spray all sides and bottom of an [8x8 baking dish](#) with [coconut oil spray](#) and then line the bottom with parchment paper.

Using a [large mixing bowl](#), mix together the coconut oil and 3 tbsp honey (or agave) using a [hand mixer](#). Add in the coconut flour and pinch of salt. A wet dough will form. Press the dough into the bottom of the [8x8 baking dish](#) until the bottom of the pan is covered. This takes a little work and time, but it will happen! Then, bake the crust for about 7 minutes or until lightly golden.

When you take the crust out of the oven, immediately sprinkle the nuts on top of it, pressing lightly into the crust. Then sprinkle an even layer of the [Enjoy Life chocolate chips](#) followed by a layer of the shredded coconut (or coconut flakes). Pour the cooled coconut milk and honey mixture over the pan evenly, allowing the sauce to seep down into the layers.

Place the dessert dish back into the oven to bake for 27-28 minutes, or until the sides of the bottom cookie layer are golden brown.

Remove the dessert from the oven and allow to cool completely to room temperature before covering it with foil and refrigerating overnight. This allows the coconut milk mixture to thicken up again for serving.

When ready to serve you can easily cut the dessert into squares and remove from the dish. You can serve cold, room temperature, or heat for a 10 -15 seconds or so in the microwave if you want it to be a little warm.