

## **Raw Nutter Butter Bars**

There are three separate layers in these babies. The bottom is crunchy and nutty. The middle layer is smooth and slightly sweet. And the finale—the top layer—is a raw chocolate ganache.

We're going to make the middle layer first because we'll be using a few tablespoons of it, a creamy cashew nut butter, as an ingredient in the bottom layer to hold it together.

Prepare an 8x8 inch baking pan by lining it with parchment paper.

### Middle Layer

Add to the bowl of a large food processor and spin until they're chopped to the size of tiny pebbles:

1 pound raw cashews

Remove 1 cup of the cashews and set aside to use for the bottom layer.

To the 2 cups of chopped cashews remaining in the food processor add and pulse until combined:

½ teaspoon Himalayan salt

½ teaspoon cinnamon

1/8 teaspoon allspice

pinch of ground cloves

4 tablespoons grated raw cacao butter

1 tablespoon raw honey or raw agave

Process for a minute or two on high. Pause the processor and scrape down the sides.

While the food processor is running on low add through the feeder hole and process until it becomes cashew nut butter (you may need to scrape down the sides a few times; you'll know you're done when the nut butter collects into a big ball in the processor bowl):

3-4 tablespoons melted coconut oil (see melting instructions below)

The cashew butter should be very thick. Remove it from the food processor to a bowl.

### Bottom Layer

Add to the food processor and pulse a few times until the ingredients are combined (this layer is supposed to be coarsely chopped--one step prior to the mixture becoming the consistency of flour):

1 cup chopped cashews you set aside earlier

5 raw organic medjool dates (pits removed)

½ cup raw coconut flakes

1 tablespoon raw cacao nibs

1 tablespoon coconut oil, melted\*

¼ teaspoon Himalayan salt

Remove to a small bowl and mix with a large spoon until combined:

4 tablespoons of the cashew nut butter you made for the middle layer

Scoop the mixture into the parchment lined pan and smooth it down with a spatula covering the entire bottom of the pan. Place another piece of parchment on top and press down with your hands to even up and compress the bottom layer.

Spoon the cashew butter over the bottom layer. Spread it out in an even layer until it has covered the entire pan.

Now onto the ganache...we're almost done.

#### Top Layer

Grate and "melt" (see melting instructions below):

1 cup raw cacao butter (measured after it's been grated; do not compress)

In a small bowl mix together with a hand mixer (or in a small food processor) until smooth and creamy

Melted raw cacao butter

3/8 cup raw cacao powder

3-4 tablespoons raw agave

The ganache should be the texture of very thick chocolate icing. Spoon it over the top of the middle layer and smooth it with a metal spatula.

Chill the Nutter Butter Bars in the refrigerator for an hour.

Remove from the pan by using the parchment to gently lift them out. Cut into bars with a sharp knife.

Store covered in the refrigerator for up to a week.

#### **How to "melt" raw oils and butters.**

Place the amount of fat--coconut oil or cacao butter--you wish to "melt" in a small glass bowl.

(If you're melting cacao butter grate or finely chop it. I used a standard cheese grater for this purpose.)

Pour hot tap water (about 100-105 degrees) into a shallow pan and place the bowl holding the fat in it being careful not to allow the water to spill into the bowl holding the fat. Gently stir until the fat has become liquid.