



DARK CHOCOLATE LEMON BAR

INGREDIENTS

Base

Mixture:

- 8 - large medjool dates
- 1 cup (140 g) - org coconut flour
- 1 cup (140 g) - org coconut flakes
- 1 tsp - coconut extract

Dark Chocolate Layer

- 3 oz (85 g) - org unsweetened dark chocolate 85% and up
- ½ cup (120 ml) - org coconut cream (full fat)
- 1/8 cup (30 ml) - org coconut mylk
- 1 tsp - org chocolate extract
- 1 tbsp - maple syrup

PREP TIME: 15 MINS

COOK TIME: 30 MINS

TOTAL TIME: 45 MINS

+ 4 H REFRIGERATION

SERVES: 12

VEGAN

GLUTEN-FREE

NUTS FREE

REFINED SUGAR-FREE

DIRECTIONS (1)

Place parchment paper onto the slightly greased pan.

Base Prep

Step 1

Add ALL mixture ingredients to a blender - blend, use tamper as needed and scrape blender walls as necessary

Step 2

Pour the blended mixture onto the parchment (paper already prepped in the pan), and press down with a spoon until reaching a smooth and even layer.

Dark Chocolate Layer Prep

Step 1

Melt chopped chocolate and coconut cream using the double boiler method.

Double boiler method explained:

- Add water to medium size sauce pan - fill half way - bring to boil then gently simmer at 95° F (35°C).
- Add small size sauce pan, or small glass bowl, on top of the medium size pan.

Step 2

After the chocolate and coconut mixture starts to melt, stir in one ingredient at the time (in the order listed under ingredients section). Stir gently and occasionally. The chocolate mixture will melt on its own basically. The result is a smooth, shiny, creamy texture.

Step 3

Pour the creamy chocolaty mixture on top of the base layer. Refrigerate for 10 - 15 min. Chocolate will cool down just enough to be topped with the lemon jelly mixture.

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INGREDIENTS

Lemon Jelly Layer

Mixture 1:

1 cup (240 ml) – org lemon juice

3 tsp – agar-agar powder

Mixture 2:

½ cup (25 g) – org corn starch

2 Tsp – filtered water

Mixture 3:

½ cup (120 ml) – org coconut cream (full)

1 cup (240 ml) – citron tea (steeped and cooled)

½ cup (120 ml) – org maple syrup

¼ Tsp – org turmeric powder

pinch of himalayan salt

PREP TIME: 15 MINS

COOK TIME: 30 MINS

TOTAL TIME: 45MINS

+ 4 H REFRIGERATION

SERVES: 12

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DIRECTIONS (2)

Lemon Jelly Layer Prep

Step 1

Mix the two ingredients listed under Mixture 1 - set aside.

Step 2

Mix the two ingredients listed under Mixture 2 – corn starch and water – mix with a fork until the water is incorporated into the corn starch

Step 3

Into a medium sauce pan simmer (under low heat 95° F (35°C) all ingredients under Mixture 3 (add one at the time and mix after each).

When Mixture 3 is close to boiling (keep under lowest heat and mix continuously) add in Mixture 1 mixing continuously. Continue to mix until the lemony sauce starts to thicken up. Finally, add Mixture 2 gradually and stir continuously under all is incorporated. Continue to stir (under the lowest heat) until the entire resulted mixture reaches a pretty thick consistency.

Step 4

Set the lemony jell to cool down for 5 min, and then pour on top of the previous refrigerated layers.

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DIRECTIONS (3)

You can top with swirls of chocolate if you'd like.

This bar looks really classy with the swirly look finish.

Your dark chocolate lemon bar is ready now, and needs to be refrigerated overnight, or for at least 4 hours.

Don't forget to share with your friends and loved ones!

It's that good!