

KETO NANAIMO BARS - MAINTENANCE/ LIFESTYLE



Nanaimo Bars

Ingredients

Bottom Layer:

- 1 cup shredded unsweetened coconut
- 1 cup walnuts
- 1/4 cup granular sweetener
- 3 Tbsp cocoa
- 1/4 cup butter
- 1 egg

Middle Layer:

- 1 cup butter
- 1 pkg Keto Vanilla pudding
- 2 Tbsp heavy cream or whipping cream
- 3 Tbsp sweetener
- 2 Tbsp Sugar Free Maple Syrup

Top Layer:

- 1/2 cup keto friendly chocolate chips
- 1/4 cup butter
- 1 Tbsp coconut oil

This is the best keto friendly Nanaimo Bar. You will love it and so will your guests. The ground walnuts add a fresh homemade taste. Lightly baking the bottom layer will keep it from being crumbly. The middle layer is creamy with the mixture of butter and pudding, by combining sweeteners you end up with such a nice mouth feel and a subtle sweetness.

Prepare Bottom Layer:

Preheat oven to 350. Grind 3/4 cup of walnuts in a bullet blender and grind to a coarse flour consistency. Chop 1/4 cup walnuts into medium to small pieces. Add walnuts, coconut, sweetener and cocoa to a bowl. Stir in melted butter and 1 egg. Spray an 8" x 8" non stick pan and press in bottom layer. bake for 5 minutes. Let cool.

Middle Layer:

Beat butter until soft. Add in pudding mix and whipping cream and beat until light and fluffy add in sweetener and Maple syrup. If the filling is too stiff and 1 - 2 Tbsp more of cream. Spread over bottom layer. Set in fridge until cool.

Top Layer

Melt butter, turn heat down to minimum. Add in chocolate chips stir until melted. Thin chocolate sauce with coconut oil. Let cool slightly; sauce should not be too warm but still thin enough to pour.

Pour over the bars and tilt the pan back and forth until the sauce is evenly distributed and covers the bar.

Refrigerate until set.