



# The Heart Bar

16% Cacao

18% Sweetener

This is my favorite recipe to date. Just pipping the pecan pie brownies. Organic and raw varieties of all ingredients are available. This recipe makes 8 large heart shaped cookies.

## Ingredients & Method

### Dark Chocolate Top and Bottom

80g Cacao Powder (sieved)  
50g Cacao Butter (finely chopped)  
40g Coconut Oil  
30g Coconut Palm Sugar (sieved)

### Toffee Sauce

70g Date Paste  
50g Broken Cashew Pieces  
30g Coconut oil

### Main Cookie Layer

130g Shelled Hemp Seeds  
130g Cashew Butter  
110g Coconut Oil  
80g Date Paste  
1/2 tsp Luo Han Guo

Start with the chocolate top and bottom. Melt the cacao butter and coconut oil in a non-stick pan or bain-marie. Keep the heat very low to melt slowly. Add sugar and cacao powder, stir gently then whisk well. Place about a table spoon of chocolate into of a good sized silicone mould. (Muffin sized works well). Remove to the freezer for 10 minutes as you make the cookie layer.

Place all ingredients in a bowl and mix well using 2 forks. This helps to integrate the coconut oil. If making in a cool climate, best leave the coconut oil by a radiator before you begin. Add an equal amount of the cookie mix on top of each chocolate base. Flatten as best possible then return to freezer as you make the toffee sauce. If you want this layer to be smooth, blend up with a hand blender.

Mix the 3 ingredients together with two forks and place an equal amount onto each cookie layer. Leave some space at the top for the last bit of chocolate. Freeze for 10 minutes then drizzle over one more tablespoon of dark chocolate to the top. Re-freeze, then store in a sealed container in freezer.

When ready to eat, remove from the freezer for 10 minutes then slice in half using a sharp knife. Enjoy and share!

### Home Made Date Paste

190g Medjool Dates (thats one typical packet with stones removed) + 60g Water

Place dates (pips and stones removed) and water in a high-sided jug.  
Leave for 15 minutes to soften, then whizz up using a hand blender.