

Paleo Pecan Pie Bars

Time: 1 hour 40 minutes

Servings: 16 bars

Ingredients

Crust

1 1/2 cups Almond Flour
3 Tablespoons Coconut Oil, melted and cooled
3 Tablespoons Maple Syrup
1 teaspoon Vanilla Extract
1/4 teaspoon Salt

Filling

1/2 cup Coconut Sugar
1/3 cup Maple Syrup
1 teaspoon Vanilla Extract
1 sprinkle Salt
1 1/2 cups Pecans, chopped

Method

1. Preheat oven to 350 degrees F. Line an 8x8 pan with parchment paper.
2. In a medium bowl add the almond flour, coconut oil, maple syrup, vanilla extract and salt. Mix together with a fork until it forms a thick crumb texture. Add to the pan and press down evenly. Bake for 6-7 minutes. Set aside to cool and prepare the filling.
3. Add the coconut sugar, maple syrup and vanilla extract to a medium saucepan and place over medium-low heat. Stir constantly until it begins to simmer and bubble along the edges. Add the pecans and cook for 30 seconds. Immediately pour the mixture onto the crust. Use a rubber spatula to spread the pecans evenly.
4. Bake for 17-20 minutes. Allow to cool completely. Once cooled, chill in the fridge for an hour. Let sit at room temperature for 15 minutes if too hard to cut into bars

