



Coconut Caramel Breakfast Bars



16 servings



60 minutes

INGREDIENTS

Wet Ingredients

- 1 Cup Coconut Oil
- 1 Cup Coconut Milk
- $\frac{3}{4}$ Cup Chickpea Flour
- 2 Cups Coconut Sugar
- 1 teaspoon Vanilla

Dry Ingredients

- 1 $\frac{1}{4}$ Cup Grain Free Flour
- $\frac{2}{3}$ Cup Shredded Coconut (unsweetened)
- $\frac{1}{2}$ Cup Raisins
- 2 teaspoons Pumpkin Spice
- 1 $\frac{1}{4}$ teaspoon Cream of Tartar
- $\frac{3}{4} + \frac{1}{8}$ teaspoon Baking Soda
- $\frac{3}{4} + \frac{1}{8}$ teaspoon Xanthan Gum

INSTRUCTIONS

1. Preheat the oven to 375°F. Grease a 9x13 pan with non-stick spray.
2. In a small mixing bowl, mix the Grain-Free Flour, Pumpkin Spice, and Xanthan Gum, set aside.
3. In a large mixing bowl, use an electric mixer to mix the Coconut Oil and Coconut Sugar. When they are well mixed, blend in Chickpea Flour. With the mixer running, blend in the Coconut Milk.
4. Gradually blend in ingredients from step 2. Mix thoroughly for 2 minutes.
5. Sprinkle the Cream Of Tartar and Baking Soda over the top of the batter. Mix on low for 1 minute. Blend in Raisins and Shredded Coconut.
6. Transfer the batter to greased baking pan.
7. Bake 25-30 minutes. The bars are done when a cake tester or knife can be inserted and removed clean.
8. Cool completely before slicing, or the bars will crumble.

NOTES

Adding the coconut milk while the mixer is running, helps to keep the coconut oil from separating or clumping.

Recipes are meant to be broken!

Chocolate chips? Dried Cherries? Chopped nuts?

How will you *Break The Recipe*?