**HOMEMADE PALEO TWIX BARS**

### INGREDIENTS

**For the shortbread**

* 3/4 cup coconut flour
* 1/4 cup arrowroot starch
* 1/2 cup coconut oil, softened
* 1/4 cup maple syrup
* 1/2 tsp vanilla extract

**For the date caramel**

* 12 medjool dates, pitted
* 1/2 cup coconut milk

**For the chocolate coating**

* 3/4 cup dairy-free chocolate chips (I use Enjoy Life, [sub a recipe like this for AIP](https://unboundwellness.com/paleo-aip-hanukkah-gelt/))
* 2 tbsp coconut oil

### INSTRUCTIONS

**For the shortbread**

1. Preheat the oven to 325 F and line an 8×8″ baking pan with parchment paper
2. Start with the crust by mixing together the two flours, and then stirring in the wet ingredients until well combined.
3. Evenly flatten the crust in the bottom of the pan and puncture the crust with a fork about 10-15 times.
4. Bake the crust until lightly golden brown for about 25-30 minutes. Set aside and allow to completely cool.

**For the date caramel**

1. Allow the dates to soak in warm water for 10 minutes to soften.
2. Strain the water and add the dates to a food processor. Process until smooth. Continue to process as you slowly pour in the coconut milk. Process until the caramel is smooth and no large date pieces can be seen.
3. Spoon the date caramel in an even layer over the shortbread crust. Allow to chill in the fridge for about an hour or until completely hardened.

**For the chocolate coating**

1. Assemble a double boiler by using a medium pot and filling two-thirds of the way with water. Bring to a medium simmer/low boil. Place heat safe bowl over the pot and fill with the chocolate and coconut oil. Stir continuously to melt evenly. Carefully remove the bowl from the double
2. Pour the chocolate over the date caramel layer and spread into an even layer. Allow the pan to cool slightly before transferring to the fridge to allow the chocolate to harden completely.
3. Transfer the twix to a cutting board and use a sharp knife to cut into 12 (or more or less depending on the size you’d prefer) bars. Serve immediately or store in the fridge with parchment paper separating the bars to avoiding sticking.