

Homemade Twix Bars (Grain-Free, Paleo, Primal, Gluten-Free)

Serving Size: Makes 9 bars

Ingredients

For the crust:

- 6c • 2 cups [almond flour](#)
- 3/4c • 4 tablespoons coconut flour
- 1/2t • 1/2 teaspoon [unflavored gelatin](#) (this provides structure for the crust. I prefer Bernard Jensen's or Great Lakes)
- 3/4t • 1/4 teaspoon [Celtic sea salt](#)
- 6T • 2 tablespoons honey
- 24T • 8 tablespoons unsalted butter or 6 tablespoons ghee, cold, cut into tablespoons

For the Caramel:

- 24T • 8 tablespoons unsalted butter or 6 tablespoons ghee
- 3c • 1 cup pure maple syrup
- 4/2c • 1 1/2 cup heavy cream or full-fat, canned [coconut milk](#)

For the Chocolate:

- 18oz • 6 ounces bittersweet or semisweet chocolate (I prefer Equal Exchange or Trader Joe's because they are soy-free)
- 3T • 1 tablespoon coconut oil

Instructions

Preheat the oven to 350°F and adjust rack to middle position. Cut two long 8-inch wide pieces of unbleached parchment paper. Fit one piece of parchment into an 8x8-inch baking pan, pushing it into the corners and up the sides of the pan; allow the excess to overhang the pan edges. Fit the other piece of parchment into the pan in the same manner, perpendicular to the first sheet (this keeps the bars from sticking and will give you the ability to lift the bars out of the pan after they've baked, for even cutting).

Place almond flour, coconut flour, gelatin, and sea salt in the bowl of a food processor. Pulse 2-3 times to combine. Add honey and butter to the flour mixture and pulse for eight 1-second pulses and then leave the processor on until the dough forms into a ball. Press the dough onto the bottom of the lined baking pan. Bake for 15-18 minutes until golden brown on the edges. Cool completely.

Melt 1/2 cup butter in a medium saucepan over medium heat. Whisk in maple syrup and bring to a boil. Whisk constantly for about 2 minutes. Slowly pour in cream. Bring to a boil, whisking often. Boil until sauce reaches 240°F, about 10 minutes. Pour caramel over the cooled crust and place in the refrigerator. Chill for 30 minutes.