

Raw Coconut, Orange and Date Bars with Pink Himalayan Salt

- by **Healing Family Eats**

These bars are a delicious treat but remember, a little goes a long way. A word about the ingredients: I have given a weight for the coconut butter, as opposed to cup measurement, because mine is rock solid at this time of year and only yields from the jar as a result of stabbing into with a sturdy knife.

(makes 16 square bars)

Line a 8x8 inch tin with [parchment paper](#).

for the base:

12 large (7 oz) [medjool dates](#)

2 cups [shredded coconut](#)

2 tbsp [coconut flour](#)

2 tbsp [coconut oil](#), melted

2 oz [coconut butter](#), melted

zest of 1 large orange

juice 1/2 large orange

for the topping:

3 oz [coconut butter](#)

juice 1/2 large orange

1 tbsp [coconut oil](#)

2 tbsp just boiled water

rounded 1/2 tsp [coarse Himalayan salt](#)



Make the base: Soak the dates in hot water for 10 minutes. Discard the stones and put the dates into a food processor fitted with the 'S' blade. Add the remaining base ingredients and blitz for about 25 seconds until the mixture has come together. Tip into the prepared tin and press down with your fingers until it is flat and even.

Make the topping: Because heating orange juice with the coconut butter leaves it partial to seizing up and splitting, melt the mixture in what's known as a bain marie, or water bath.

Choose a small heatproof bowl and a pan over which the bowl fits nice and snugly. Quarter fill the pan with water and bring up to a gentle simmer. Put the coconut butter, coconut oil and orange juice into the bowl and sit it on top of the pan, making sure the bottom doesn't touch the water. Using a small whisk or wooden spoon, stir the coconut butter mixture until it has melted. Add the just boiled water and whisk until the mixture is smooth and glossy. You will notice the water brightens the colour and gives it a good coating consistency. Remove from the heat, wiping the bottom of the bowl and allow it to cool down for a minute or two. Next, pour the mixture over the base and, with the help of an angled palette knife, spread it evenly over the top. Place into the refrigerator for 10 minutes or so until it is starting to set, sprinkle over the salt and put back into the refrigerator for at least an hour to harden completely. Slice into 16 squares. Note: The coconut topping will soften at room temperature so store the cut bars in an airtight container in the refrigerator - for up to a week. As if!