Glimpse into healthy “Bounty” bars



I think recipes which make healthier versions of commercial chocolate bars and lollies are super exciting and fun! Today, I want to share with you a recipe for Bounty Bars, which is of course free of gluten, dairy and egg and is low in FODMAPs. This one is so simple and quick to make you’ll wonder why you would bother going all the way to the shops just to buy a bar full of sugar, wheat and dairy!

Coconut Chocolate Bars

1 cup coconut oil
2 cups shredded coconut
1/4 cup rice syrup
200g dark/dairy free/raw vegan chocolate
Melt the oil over a low heat in a saucepan. Stir in the syrup and the coconut until well combined.



Spread mixture into a baking tray lined with baking paper. Press lightly til evenly spread.
Cover the tray with cling wrap. Place in the fridge or freezer til set.
Melt the chocolate and pour over the firm coconut base.
Put in the fridge or freezer again til the chocolate is more firm but not completely set. Cut into bars or squares.
Store in airtight container in the fridge or freezer.



Alternative options:

- *Sub 1 cup of coconut for 1 cup of almond meal.*
- *Add the zest of 2 limes/lemons/orange into the wet mix.*
- *Add 1 tsp vanilla extract to the chocolate and/or the coconut mix.*



One of my favourite memories from backpacking many, many moons ago with my bestie was a night in Riga, Latvia. We had a delicious meal at a gorgeously atmospheric restaurant and sparkling wine with a cherry, followed by a walk in the magical street with a dark chocolate Bounty! It was so good that we repeated it the next night! Bounties will always take me to that memory, and thankfully there is a recipe which tastes just as good (or better!) that I can still eat while being healthy! I hope that you enjoy it too.