

Peanut Butter Coconut Candy Melts

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This recipe was inspired by “Delicious Obsessions” Maple Coconut Bars with Coconut Oil (<http://www.deliciousobsessions.com/2010/12/maple-coconut-bars/>). With a little experimenting, I was able to transform these bars into a delicious low glycemic (GI) peanut-butter candy recipe with a delightful texture and depth of flavour. Even better, you can mix together and press these winners into silicone moulds in 5 minutes, with fresh candy effortlessly ready and waiting in just an hour.
Makes about 36 candies.

Ingredients

2 cups shredded or desiccated unsweetened coconut
2/3 cup melted coconut oil
1/3-1/2 cup smooth unsalted and unsweetened organic peanut butter or other nut or seed butter
1 tbsp maple or yacon syrup, to preferred sweetness
1 tsp Chicory-Root Inulin Fiber with Stevia (such as New Roots Herbal Stevia Sugar Spoonable*) or favourite sweetener
1/2 tsp organic blackstrap molasses
1/4 tsp Himalayan salt

Directions

Stir all ingredients well in a bowl then press firmly into candy moulds, ensuring the oil is evenly distributed to all candies. Refrigerate for 1 hour, or until solid. Store in the refrigerator for several days (if they last that long) and for over a month in the freezer in a sealed container.

***Important Note:** This product *is not* the same as regular stevia---it is mostly the prebiotic inulin, with only a miniscule amount of stevia in it.

Chocolate-Covered Peanut Butter Cups

My family is crazy about chocolate-covered peanut butter cups. This simple variation of the melts recipe has all of the tasty goodness of the familiar candies from the store, but without the ingredients that don't agree with our bodies. Dip frozen Peanut Putter Coconut Melts in melted sugar-free chocolate, place on a piece of parchment paper and place in the refrigerator until solid (about 15 minutes). If you would like a thicker coat of chocolate on them, remove from the refrigerator once solid and cover again, returning them to the parchment paper. Can be served once set (which is almost immediately). Like the melts, these candies can be stored in the refrigerator for several days or for over a month in the freezer in a sealed container.
Makes about 36 candies.

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Dr. Theresa Nicassio is a Vancouver-based Registered Psychologist (#1541), Certified Gourmet Raw Food Chef, Raw Food Nutrition Educator, and Author of ***YUM: Plant-Based Recipes for a Gluten-Free Diet***. Available June 2015. Go to www.yumfoodforliving.com for more recipes, information, and resources, and to **download your free 50-page YUM Mini book sampler**, or email Dr. Nicassio directly at info@yumfoodforliving.com.

