

# Chocolate and Hazelnut Bars Recipe

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Prep. time : 30 minutes

Cook time : 10 minutes

Ready in 40 minutes plus cooling

Level : Basic

## Ingredients

### Base:

- Hazelnuts 200g (7oz)
- Dates – pitted 60g (2.1oz) (weight before soaking)
- Maple syrup 20g (2Tbsp)

### Chocolate Layer:

- Cashew nuts 200g (7oz) (weight before soaking)
- Cocoa butter 120g (4.2oz)
- Cocoa powder 45g (6Tbsp)
- Maple syrup 120g (4.2oz)
- Almond milk 220g (7.7oz)

### Hazelnut Layer:

- Cashew nuts 200g (7oz) (weight before soaking)
- Hazelnuts 100g (3.5oz) plus extra for topping
- Coconut oil 100g (3.5oz) (neutral tasting)
- Almond milk 200g (7 oz)
- Maple syrup 120g (4.2oz)

## Directions

1. Line 20cm x 20cm (8"×8") pan with parchment paper.
2. Pit dates and soak them in cold water for a couple of hours or overnight. Make sure you weigh them before soaking.
3. Soak all the cashews in cold water for a couple of hours or overnight. Note that when they are soaked, they will be about 30% heavier.
4. Toast all the hazelnuts, including some extra for topping. Put them in the oven at 180°C (350°F) for 10 minutes, until they become golden brown. Remove hazelnuts from the oven, put them into a cloth and rub them to remove the skins.
5. For the base coarsely grind 200g (7oz) of hazelnuts in a food processor. Add soaked and drained dates and maple syrup, and pulse until you get crumbly mixture that sticks together when pressed with your fingers.
6. Press the mixture into the prepared pan and leave it in the fridge.
7. Melt the cocoa butter in a microwave or in the pan. Do it gently, on low heat, and don't let it burn!
8. To make chocolate layer put drained cashews, melted cocoa butter, cocoa powder, almond milk and maple syrup into a blender. Blend thoroughly until you get a smooth mixture.
9. Pour the mixture into the prepared pan over the base, and place the pan in the freezer until the chocolate layer completely sets.
10. Melt neutral tasting coconut oil in the microwave or in the pan. Do it gently, on low heat, and don't let it burn!
11. Put drained cashews, hazelnuts, melted coconut oil, almond milk and maple syrup into a blender and blend the mixture until nice and smooth.
12. Pour the hazelnut layer over the chocolate cream.
13. Put the pan into the freezer until hazelnut layer is completely set.
14. Decorate the cake with melted dark chocolate and some chopped hazelnuts.