Dinner & A Book Recipes - Culinary Travels  
Episode #1612

## Recipe for Vegan Payday Bars

Ingredients

* 12 Medjool dates (pitted)
* 1 cup water
* 1/2 cup organic peanut butter
* 1/4 cup pure maple syrup
* 1/2 teaspoon pure vanilla
* 1/3 cup coconut flour
* 2 cups roasted salted peanuts

Instructions

1. Soak dates in water for at least an hour.

2. Drain excess water and add soaked dates, peanut butter, maple syrup and vanilla to a food processor and process until smooth.

3. Add coconut flour either by hand or on a low (dough) speed in food processor.

3. Scoop mixture onto a large piece of saran or cling wrap. Spread the mixture out into a rough long log shape. Roll the mixture in the wrap and roll until it is consistent in shape.

4. Place in the freezer for at least an hour until it becomes firm.

5. Remove log from freezer and cut into small candy bar size rolls.

6. Place peanuts on a large plate.

7. Roll “candy bars” into the peanuts until they are throughly covered, pressing them into the peanuts so they stick.

8. Store Vegan Pay Day Bars in the refrigerator until you are ready to eat or serve them.