



Long Livo

Dark Chocolate Sea Salt Nut Bars

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Base

- ☐ 1 cup mixed nuts, toasted and chopped
- ☐ 1/2 cup rolled oats (optional for extra body)
- ☐ 2 tbsp melted butter

Chocolate Topping

- ☐ 8 oz dark chocolate (70% cacao), chopped
- ☐ 2 tbsp maple syrup
- ☐ 1 tsp vanilla extract
- ☐ 1/2 tsp flaky sea salt, plus more for sprinkling

Instructions

- 1 Preheat your oven to 350°F (180°C) and toast the mixed nuts on a baking sheet for 6-8 minutes until fragrant; let cool, then roughly chop.
- 2 In a small saucepan, melt butter over low heat, add chopped chocolate, and stir until smooth; remove from heat and stir in maple syrup, vanilla, and sea salt.
- 3 Fold the toasted nuts (and oats if using) into the chocolate mixture, making sure everything is evenly coated.
- 4 Press the mixture firmly into a parchment-lined 8×8-inch pan, smooth the top, and sprinkle a light extra pinch of sea salt.
- 5 Chill in the refrigerator for at least 20 minutes, then lift out and cut into 12 even bars.

Nutrition per serving

210 kcal

Calories

4 g

Protein

18 g

Carbs

14 g

Fat

Tips & notes

- Make sure the chocolate isn't overheated; it can become grainy.
- If the mixture feels too thick, add a teaspoon more maple syrup.
- Store bars in a single layer to keep the surface smooth.