



Paleo Coffee Pecan Pie Bars

Your favorite holiday dessert in smaller bar form, and lighter. Simple, delicious, and will PERK you up in no time. Recipe and photo created by [Cotter Crunch](#).

Ingredients

FOR THE CRUST

- 2 cups [Pamela's Nut Flour Blend](#)
- 1 tbsp tapioca starch (or arrowroot or potato starch works too)
- 10-12 pitted dates
- 1 tbsp coconut oil

FOR THE FILLING AND TOPPING

- 6 dates (pitted)
- pinch of sea salt
- 1 tsp vanilla
- 1 cup pecan halves to blend
- 1/3 cup maple syrup
- 1/2 cup coconut oil
- 2 tbsp coconut milk (or water if you prefer less creamy)
- 2 tbsp instant coffee or espresso
- 1/4 cup to 1/2 cup extra pecan halves to place on top before baking
- Optional coffee beans for topping

Directions

Preheat oven to 350F. Line a 8x8 or 9x9 baking pan with parchment paper and be sure to grease or oil the sides as well.

Blend together 2 cups nut flour, tapioca starch, dates, and 1 tbsp coconut oil in food processor. Pack this into the bottom of the baking pan.

Bake for 15 minutes. Remove from oven.

While the crust is baking, make the filling.

Blend together 6 dates, vanilla, salt, and 1 cup of the pecans. Batter will be sticky and thick. Then place in bowl and set aside. Next, in a small sauce pan, combine 1/2 cup maple syrup, milk (or water), 1/2 cup coconut oil, and coffee. Let it come to a soft boil and then reduce to low, whisk on low. This should only take about 2 -3 minutes max! It will be a little foamy bubbly then it will settle back down. Combine your hot coffee coconut oil mix with the date/pecan filling in one bowl. Mix together quickly.

Pour that mixture over the pecan crust in the pan. Spread it out evenly. See picture in post with the glaze on top. That's the coffee/date batter. Sprinkle the rest of your pecan halves on top. Sprinkle an extra coffee beans you'd like on top. The coffee beans are optional.

Bake again for about 18-22 minutes or until golden brown on sides. Once baked, place in the fridge for 1 hr to set. Remove and slice.

Store in fridge in sealed container if you want to keep these for later. Just pop in oven or microwave to warm again.

Notes:

Total time does not include CHILL time, so add extra hour for them to set.

I used Pamela's Paleo nut flour blend which consisted of almond/coconut/pecan flour. If you are using another paleo flour blend, be sure to watch baking time on crust. It will vary. If you are watching sugar, add less maple syrup and dates to the filling