

Sandy's Almond Joy

Ingredients

1 cup liquid [coconut oil](#) - can be melted by placing container in hot water

1 cup chopped almonds – used [soaked and dried almonds](#) for added nutritional benefit (see instructions below)

3/4 to 1 cup [dehydrated coconut](#)

Directions

1. Stir together the coconut oil, almonds, dehydrated coconut (save about one third of it to sprinkle over the top) in a bowl.

2. Pour into an 8 X 8 pan and sprinkle the top with dehydrated coconut.

3. Place in the refrigerator to chill for approximately 45 minutes to 1 hour.

4. Remove and cut into bite-size squares to serve. If it becomes too hardened and cracks when you attempt to cut it, just set it out at room temperature until it cuts easily. Store it in the refrigerator.

Variations

1. Use Frontier Liquid Seasonings without alcohol to give the Almond Joys a different twist.

2. Try a teaspoon or two of Vanilla, Maple, Lemon, Lime, cinnamon, or Mint etc. Add when you are mixing all of the ingredients together.

3. Use some freshly squeezed lemon, lime or grapefruit juice to create a citrus flavor.

WONDERFUL!!!

4. Grind some [raw cacao nibs](#) into a powder using a coffee grinder, sweeten it with some [raw honey](#) or [muscovado](#), adding liquid (water, [coconut milk](#), [coconut cream](#), or warmed [coconut oil](#)) to make a chocolate sauce that you can use to top the almond joy bars.

Almond Preparation

1. Soak almond overnight for 8 to 12 hours. I like to add [Real Salt](#) to the soaking water, using about one teaspoon per cup of nuts.

2. Chop in food processor.

3. Place on Teflex sheet (or parchment paper) and place in dehydrator to dry (about 4-6 hours).

4. I also dehydrate these soaked almonds whole for snacks. I place them in a bowl, stir in some Bragg's Liquid Aminos and a little [Real Salt](#), then dry them on the regular dehydrator sheets until crispy.

These little gems are melt-in-your-mouth-delicious! It's also a very versatile recipe that can be changed by adding a different flavoring each time you make it (see variations).

Modified from the recipe donated by Sandy Kuntz.