No Bake Cookie Dough Bars

EASY • 20 MINS + FREEZING

Gluten free and no bake, this fun treat combines cashew butter, Capilano honey and delicious choc chips into one moreish cookie dough inspired treat, with strawberry 'icing'! Perfect for special days at home or sharing with a party!



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	20 mins	Freezing	12

Ingredients

Base

- 270g (1 cup) cashew butter

Method

1. Line a 20x10cm loaf tin with baking paper. Set aside.

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- 90g (¼ cup) Capilano Pure Honey
- 120g (¾ cup) oat flour (or 1 cup almond flour)
- 1 tsp vanilla bean paste
- 150g (¾ cup) mini chocolate chips
- Pinch of salt

Top Layer

- 180g white chocolate, broken into pieces
- 1 tsp vanilla bean paste
- 135g (½ cup) cashew butter
- 1-2 drops gel red food colour
- 1 tsp strawberry flavoured extract (optional)
- Rainbow sprinkles

Method

2. In a large bowl, combine cashew butter, honey, vanilla, oat flour, choc chips and salt. Mix until well combined and press into prepared tin using your hands and/or the back of a metal spoon to ensure the base is smooth and even. The dough will be firm to spread, this is okay.

3. For white chocolate layer, place white chocolate chips and cashew butter in a microwave safe bowl and heat on medium for 30 second intervals until fully melted. Alternatively, gently warm in a small saucepan on low heat until melted and well combined. Add food colour, strawberry extract and mix well to combine.

4. Spread pink layer on top of cookie dough layer and cover with sprinkles. Freeze for at least two hours, then cut into bars to serve using a sharp knife dipped in hot water and wiped between each cut.

5. Store in airtight container in the fridge or freezer for up to one week.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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