

Low-Carb & Keto Twix Bars

Hands-on 25 minutes Overall 1 hour 30 minutes

Nutritional values (per serving, 1 candy bar): Total carbs: 4.8 g, Fiber: 2 g, **Net carbs: 2.8 g**,

Protein: 3.6 g, Fat: 17.3 g, Calories: 177 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 20 candy bars)

Biscuit layer:

- 2 cups almond flour (200 g/ 7.1 oz)
- 1/3 cup coconut flour (40 g/ 1.4 oz)
- 1/4 melted butter (60 ml/ 2 fl oz)
- 3 tbsp + 1 tsp unsweetened almond milk (50 ml)
- 1/4 cup Erythritol or Swerve (40 g/ 1.4 oz)
- 1/2 tsp xanthan gum or 1 tbsp gelatine powder

Caramel layer:

- 1 recipe Homemade Keto Caramel Sauce (about 1 cup/ 240 ml/ 8 fl oz)

Chocolate coating:

- 2 bars 90% dark chocolate or 85% dark chocolate or sugar-free dark chocolate like Lily's (200 g/ 7.1 oz)

Instructions

1. Preheat oven to 170 °C/ 340 °F (conventional), or 150 °C/ 300 °F (fan assisted). To make the biscuit layer, combine all ingredients in a bowl and mix well.
2. Line a tray (either 20 x 20 cm/ 8 x 8" or 22 x 15 cm/ 9 x 6" tray) with baking paper, and then pour the mixture in, pressing down firmly.
3. Bake 12 to 15 minutes, until just starting to brown. Set aside to *cool completely* in the pan.
4. Meanwhile, prepare the keto caramel by following this recipe (check the tips for sweeteners like allulose!), and then pour evenly over the cooled biscuit layer.
5. Place the tray in the freezer and cool for around 30 minutes. You want it to be cool and firm, but not completely frozen.
6. Remove the tray from the freezer and take out the slice. Use a really sharp knife to cut the slice into bars.

7. Place on a flat tray and return to the freezer to freeze completely — this will help when coating them with chocolate as the chocolate will solidify faster.
8. Melt the chocolate over a double boiler or in the microwave. Ideally, the chocolate should reach room temperature before using it for coating.
9. Dip each frozen bar into the chocolate and use a spoon to coat complete. You may want to keep some in the fridge or freezer while you work so that they stay hard.
10. Transfer the coated chocolate bars to a tray lined with baking paper, and place in the fridge for the chocolate to set.
11. Allow at least an hour before eating so that the caramel can defrost and soften.
12. Store in the fridge up to 10 days or up to three months in the freezer.

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