



## CHOCOLATE PECAN PIE BARS

By Dr. Cindy Tanzar  
(Special Occasions)

You no longer have to lament the deliciousness of pecan pie, just because you have decided to implement a healthy lifestyle. This recipe adapted from [alldayidreamaboutfood](#) has everything you love about pecan pie – it's rich, gooey and topped with crunchy toasted pecans. This holiday season, you can enjoy amazing desserts and not feel like you missed out on anything. Once again, this is a great maintenance recipe, but living a healthy lifestyle is learning how to implement special occasions into your life without turning one day into a week or a month.

Enjoy!



### INGREDIENTS

#### Crust

- 1-1/4 cups almond flour
- 1/4 cup Swerve Confectioners
- 1/4 tsp pink Himalayan salt
- 1/4 cup Kerry Gold Butter, chilled and diced into pieces



### **Pecan Pie Filling**

1/2 cup Kerry Gold Butter  
2/3 cup Swerve Confectioners  
2 tsp Blackstrap Molasses (optional but helps with color and flavor)  
1-1/2 tsp pure vanilla or pure caramel extract  
1/2 cup organic heavy whipping cream  
2 large pastured eggs  
1/4 tsp pink Himalayan salt  
1 cup pecans, coarsely chopped (lightly toasted, about 3 minutes)  
2 ounces Lily's Dark Chocolate Chips (or Lily's Bar, chopped)

## **INSTRUCTIONS**

### **Crust**

Preheat oven to 325°F. In a food processor bowl, combine almond flour, Swerve and salt. Pulse a couple of times to mix well. Sprinkle with the diced butter and pulse until mixture resembles coarse crumbs. (If you don't have a food processor, you can also cut the butter in with a fork or pastry cutter.)

Press into the bottom of an 8x8 inch square baking or foil pan. Bake 12 minutes, until just beginning to brown on the edges.

### **Pecan Pie Filling**

In a medium saucepan over low heat, melt the butter. Stir in the Swerve Confectioners and molasses and whisk until well combined. Remove from heat.

Whisk in the vanilla or caramel extract and cream. Add eggs and salt and whisk until fully incorporated.

Scatter the pecans and chopped chocolate over the crust and gently pour the filling overtop. Bake 20-25 minutes, until the filling is mostly set. If you want them gooey, make sure the middle still has a little jiggle to it when the pan is shaken.

Remove and let cool at least 30 minutes before cutting into bars.



\*I'm not fond of refrigerating these bars. The filling sets too hard and no longer feels like pecan pie. The taste changes, as well.