

Choco Fever Dream

Dark Chocolate Sea Salt Nut Bars

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 1 cup mixed nuts, toasted and chopped
- [ ] 1/2 cup rolled oats (optional for extra body)
- [ ] 2 tbsp melted butter

Chocolate Topping

- [ ] 8 oz dark chocolate (70% cacao), chopped
- [ ] 2 tbsp maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1/2 tsp flaky sea salt, plus more for sprinkling

Instructions

1. Preheat your oven to 350°F (180°C) and toast the mixed nuts on a baking sheet for 6-8 minutes until fragrant; let cool, then roughly chop.
2. In a small saucepan, melt butter over low heat, add chopped chocolate, and stir until smooth; remove from heat and stir in maple syrup, vanilla, and sea salt.
3. Fold the toasted nuts (and oats if using) into the chocolate mixture, making sure everything is evenly coated.
4. Press the mixture firmly into a parchment-lined 8×8-inch pan, smooth the top, and sprinkle a light extra pinch of sea salt.
5. Chill in the refrigerator for at least 20 minutes, then lift out and cut into 12 even bars.

Nutrition per serving

210 kcal	4 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the chocolate isn’t overheated; it can become grainy.
- If the mixture feels too thick, add a teaspoon more maple syrup.
- Store bars in a single layer to keep the surface smooth.