
Vanilla Coconut Bars



Low Carbe Diem
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Servings: 6

1 c unsweetened coconut flakes, shredded

1/4 c water

1-2 drops stevia (optional)

2 tbsps coconut oil

1/2 tsp vanilla extract

1/8 tsp salt

Combine all ingredients in a food processor.

Press mixture into the bottom of any small container (7"×5" works great).

Refrigerate 1 hour (or freeze 15 mins) before slicing. Store in fridge or freezer (lasts a few weeks).

VARIATION:

Create a colorful, layered look. Spread two batches on top of each other in the container.

Try adding 1/4 cup of raspberries, or 1 teaspoon lemon juice and lemon zest.

Per Serving: 138 Calories; 13g Fat (86.9% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber.

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