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| **Coconut Almond Bars**Crust: 1/2 C. Coconut Sugar1/3 C. Butter1 C. Almond Flour2 Tbsp. Ground Flax Seeds2nd Layer:2 eggs1/2 C. Honey2 Tbsp. Almond Flour1 tsp. Baking Powder1 tsp. Vanilla1/2 tsp. Salt1 C. Unsweetened Shredded Coconut1/3 C. Lily’s Chocolate Chips (sweetened with Stevia)Chocolate Drizzle:1/3 C. Lily’s Chocolate Chips1 tsp. Coconut Oil | Directions:Heat oven to 350° and spray 9x9 square pan with non-stick oil.Make crust by adding butter and sugar then all other ingredients. Press in to pan and bake for 12 minutes.Meanwhile, prepare the second layer by beating eggs and then add all remaining ingredients. Mix well and pour over crust.Bake for 20 minutes or until golden brown. Cool completely before adding chocolate drizzle.Melt chocolate chips with oil and drizzle over cooled bars with a spoon.Enjoy! |
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| **Date Bars**4 eggs2 C. Coconut Sugar1 ½ C. Brown Rice Flour2 tsp. Baking Powder10 Tbsp. Unsweetened Coconut Milk3 C. Chopped Walnuts3 C. Chopped Dates1 tsp. Salt | Directions:Heat oven to 350° and spray and flour a 9 x 13 cake pan.Bake bars for 30-45 minutes or until knife comes out clean.Cut bars in to squares and enjoy! |