

Healthy Recipe of the Week

Use organic ingredients whenever possible.

Coconut Bars

From www.elanapantry.com

3 eggs

1 cup coconut milk

1/3 cup coconut oil

1/3 cup honey

1 Tbsp vanilla

1/8 tsp liquid stevia

1/2 cup blanched almond flour

1 Tbsp coconut flour

1 1/2 cups unsweetened shredded coconut

1/4 tsp sea salt

1. Mix eggs, coconut milk, oil, honey, vanilla and stevia in a food processor or blender.
2. Pulse in almond flour, coconut flour, shredded coconut and salt.
3. Transfer ingredients into an 8x8 inch Pyrex baking dish.
4. Bake at 350° for 30 minutes.
5. Cool for 1/2 hour, then place in refrigerator and serve when chilled.

Makes 24 bars