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RAW LEMON, COCONUT BARS

Why not take some time to cook up these delicious and healthy raw food lemon, coconut bars? Lemon is a beautiful and gentle detoxifier while coconut is soothing and full of healthy fats to nourish you.

15 portions

INGREDIENTS

- 235 grams of nuts, almonds
- 355 grams of dates, medjool
- 30 grams of lemon juice
- 30 grams of lemon zest (peel from 1 lemon)
- 1 tbsp of seeds, chia seeds,
- 295 grams of shredded coconut (desiccated), dried

COOKING METHOD

1º Place almonds & lemon peel into food processor & process on speed 9 for 10 seconds;
2º Add dates, lemon juice, chia seeds, water & sea salt & mix on speed 9 for 1 minute 30 seconds;
3º Add coconut & mix in a large bowl until mixture has been thoroughly combined;
4º Line a rectangular dish with baking paper & empty contents into dish;
5º Flatten out with a spatula & then place another piece of baking paper on top to flatten out as much as possible. Or use a glass to roll flat.
6º Sprinkle with shredded coconut.
7º Refrigerate for at least 1 hour to set.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (64 g)	% DRI
ENERGY	408 kcal	261 kcal	13 %
FAT	24 g	15 g	23 %
FATTY ACIDS, TOTAL SATURATED	11 g	7 g	34 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	82 mg	53 mg	2 %
CARBOHYDRATE	49 g	31 g	10 %
SUGARS	39 g	25 g	–
FIBER	8 g	5 g	20 %
PROTEIN	7 g	5 g	–