

LIME COCONUT BARS

Guilt free dessert—no dairy, no sugar, fat-burning coconut, healthy goodness of lime, plus all the fiber and good fats in avocados!

INGREDIENTS – to make 4-6 servings

Crust

- ¼ cup unsweetened coconut flakes
- ¼ cup butter (from grass-fed beef)
- 1.5 Tbsp coconut flour
- 1.5 packets Stevia powder
- ¼ tsp baking powder



Video at: <https://youtu.be/C5ZqzXFGjac>

Filling

- 2 medium avocados
- Juice from 2 large or 3 medium Limes (Note, not “Key” limes.)
- 1 Tablespoon Coconut Nectar
- Up to 20 drops Liquid Stevia as desired
- 3 Tbsp unrefined organic Coconut oil
- Garnish options: crushed nuts and shredded **unsweetened** coconut

DIRECTIONS

Crust

1. Put coconut flakes in food processor (or coffee bean grinder) grind for 10-15 seconds
2. Stir ground coconut flakes, coconut flour and butter in bowl.
3. Add Stevia and baking powder, stir until thoroughly mixed
4. Spread into pre-buttered baking dish.
5. Bake in 350 degree oven for 8-12 minutes until golden brown. *Do not over bake - the thin crust could burn quickly!*
6. Let crust cool completely before adding lime/avocado filling

Filling

1. Scoop fruit from 2 avocados into food processor, add lime juice, blend thoroughly
2. Add coconut oil and coconut nectar, blend thoroughly.
3. Taste test to determine how many Stevia drops you wish to add for desired sweetness.
4. Once to your desired sweetness, spread mixture evenly over baked crust.
5. Top with shredded coconut and/or nuts, as desired
6. Refrigerate for 2 hours until firm (or 45 min. in Freezer) Then enjoy!