



PROTEIN COCONUT BARS

ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 25-30 mins

Serves: 12-18 bars



INGREDIENTS

- 4 eggs
- 1 can coconut milk (400mls)
- 1/4 cup coconut oil
- 1 tsp vanilla extract
- 1 cup dextrose (or natvia)
- 1 cup almond flour
- 1/2 cup vanilla protein powder
- 1/2 cup coconut, shredded, unsweetened
- 1/2 cup coconut flour
- 1 tbsp maca powder
- 1/4 tsp salt

METHOD

- Preheat oven to 180°C (350°F).
- Grease and line with baking paper a 20cm x 25cm (8" x 10") ovenproof dish.
- Mix eggs, coconut milk, coconut oil, vanilla and dextrose (natvia) in food processor.
- Pulse in almond flour, vanilla protein powder, maca powder, coconut, coconut flour and salt.
- Press mixture into lined baking dish.
- Bake for 25-30 minutes in oven.
- Cool, then refrigerate until chilled and cut into slices .

NOTE:

- These freeze well, and are a great breakfast on the run.