

Angie Bloom

Paleo Coconut Date Brazil Nut Bars

INGREDIENTS

- 1 1/3 cup slivered almonds
- 2 cups unsweetened shredded coconut
- 10 ounces pitted dates
- 1/2 cup cashew nuts
- 1/2 cup brazil nuts
- 4 teas. coconut oil

DIRECTIONS:

1. Blend almonds just a bit first, add dates, cashew nuts and blend, add coconut oil and brazil nuts and pulse until mixture is thick and sticks together.
2. Transfer to parchment paper and form into a square. I used a smaller cookie sheet. Refrigerate until solid, usually about 20-30 minutes is all that is needed.
3. Cut into small square and enjoy!

