



## Coconut Almond Bars

### Ingredients

- 2 cups almonds – soaked overnight
- 2 tbsp. ground flax seeds
- 1/2C shredded coconut
- 1/2C nut butter or coconut butter
- 1/2 tsp. sea salt
- 1/2C pastured butter or coconut oil or a blend of the two (melted)
- 1 tsp. vanilla
- Stevia, to taste (optional)
- Cacao chips (chopped, optional)



### Instructions

Drain and rinse almonds and place almonds, flax seeds, coconut, nut butter and salt in food processor. Pulse to chop and combine. Add melted butter and/or coconut oil, vanilla, stevia and chocolate chips to food processor mixture. Mix to form a coarse paste. Press mixture into an 8x8 Pyrex glass type pan. Chill in refrigerator for about an hour. Cut into bars and freeze or keep cold in the refrigerator. Enjoy!



## Keto Savory Garlic and Herb Granola Bars:

Servings: 8 One Serving: 1 bar

### Ingredients

- 2 cups (7 oz/200gr.) pecans
- 1/3 cup (3 oz/85gr) tahini
- 1/4 cup (1.3 oz/35gr) sesame seeds
- 1 large egg
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp Chile flakes
- 1 tsp dried Italian herbs
- ½ tsp garlic powder
- 1 oz chopped sun-dried tomatoes
- 1 tsp onion powder
- 2 Tbsp (24 g/0.8 oz) nutritional yeast
- 1 Tbsp (15 ml) water



### Instructions

1. Preheat the oven to 285°F (140°C) fan assisted or 320°F (160°C) conventional.
2. Roughly chop the pecans or place in a food processor and pulse until chopped but still chunky. Place the pecans in a bowl and add the remaining ingredients.
3. Use your fingers to press the mixture into a medium baking dish (about 8 × 8 inch [20 × 20 cm]); use a silicone baking dish or a regular baking dish lined with parchment paper. Bake for about 25 minutes or until crispy. Remove from the pan and allow to cool slightly. Slice into 8 bars with a greased sharp knife. Store in a sealed container for up to 3 days or freeze for up to 3 months.

290 Calories

9.6g Total Carbs

5.2g Fiber

7.5g Protein

4.4g Net Carbs

27g Fat

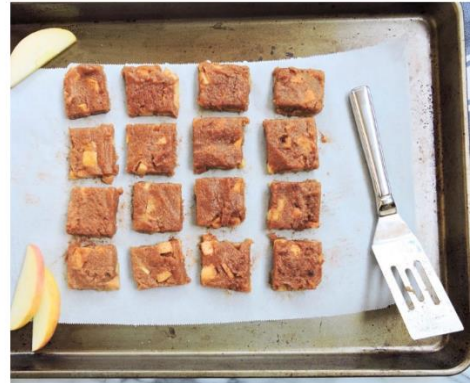


## No-Bake Almond Butter Apple Pie Snack Bars

Serving - 12  
189kcal

### Ingredients:

4 tbsp ghee or coconut oil, divided  
1 cup almond flour  
1/2 cup almond butter  
1/3 cup apple sauce  
1 medium apple, diced  
1 tsp cinnamon  
pinch sea salt



### Instructions:

In a skillet over medium heat, melt 1 Tbsp of ghee or coconut oil. Add the diced apples and cinnamon, sautéing until the apples just begin to soften, about 2 to 3 minutes. Turn off the heat and allow the apples to cool.

In a medium bowl, combine the remaining ghee or coconut oil with the almond flour, almond butter, apple sauce. Stir in the apples and a pinch of sea salt.

Transfer the mixture into a 8" or 9" baking dish lined with parchment paper, smoothing over the top.

Refrigerate until firm (or speed it up by sticking them in the freezer for an hour or so). Slice into squares to serve. Best eaten cold, straight out of the fridge!

### Nutrition:

Calories: 189kcal | Carbohydrates: 7g | Protein: 9g | Fat: 15g | Saturated Fat: 4g | Cholesterol: 13mg | Sodium: 16mg  
| Fiber: 3g | Sugar: 3g | Iron: 1mg



## Sugar Free Keto Low Carb Granola Bars

Cuisine American  
Prep Time 25 minutes  
Cook Time 15 minutes  
Total Time 40 minutes  
Servings  
12 Bars  
Calories 194kcal

### Ingredients

- 1 Cup Raw almonds,
- 1 Cup Slivered almonds
- 1 Cup Unsweetened coconut flakes,
- 1 Large egg
- 4 Tbsp Monkfruit/Stevia
- 2 Tbsp Almond butter
- 1 Tbsp Coconut oil
- 3/4 tsp Sea salt
- 1/4 Cup Stevia (or any other low calorie sweetener) chocolate chips



### Instructions

Heat your oven to 375F (190c) degrees and line an 8x8 inch pan with parchment paper, leaving some hanging over the sides to use as a handle later on.

Place the chopped almonds, slivered almonds and coconut flakes on 3 separate small baking sheets. Bake until golden brown and toasted. The coconut will only take 2-4 minutes, the slivered almonds about 3-5 minutes and the chopped almonds about 7-12 minutes. Let cool completely. Additionally, reduce the oven temperature to 350F (175C)

In a large bowl, whisk together the egg and monk fruit.

In a separate small, microwave-safe bowl, melt the almond butter and coconut oil until smooth, about 30 seconds. Whisk into the egg mixture until well combined.

Add in all the nuts, coconut and salt and stir until well combined. Finally, stir in the chocolate chips.



Notes: Bars can be stored in an air-tight container on the counter for 2-3 days, or refrigerated for longer life!

#### Nutrition

Calories: 194kcal | Carbohydrates: 8.3g | Protein: 5.5g | Fat: 17.4g | Saturated Fat: 5.2g  
| Polyunsaturated Fat: 2.7g | Monounsaturated Fat: 6.9g | Sodium: 153mg | Potassium:  
158mg | Fiber: 4.6g | Sugar: 1.3g | Vitamin A: 30IU | Calcium: 55mg | Iron: 1.1mg



## Cherry Chocolate Energy Bars

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#### Serving Size

1/8 of recipe

#### Ingredients

- 1/4 cup chia seeds
- 1/2 cup almond milk, unsweetened
- 1/2 cup medjool dates, pitted
- 1 cup raw cashews
- 1/4 cup cacao powder
- 1/4 tsp himalayan salt
- 1/4 cup almond butter
- 2 tbsp unrefined coconut oil, melted
- 1 tbsp vanilla extract
- 1/2 cup shredded coconut, unsweetened
- 1/3 cup dried dark cherries



#### Instructions

1. Soak chia seeds in almond milk for 1-2 hours.
2. Pulse dates in food processor until chopped.
3. Add cashews, soaked chia seeds, cacao powder, and himalayan salt and pulse all ingredients.
4. Add almond butter, coconut oil, and vanilla extract and continue to pulse for 30-45 seconds.
5. Transfer ingredients to a medium size mixing bowl and stir in shredded coconut and dried cherries.
6. Line 8x8 baking dish with parchment paper and spread mixture evenly throughout.
7. Freeze for 25-30 minutes, until hardened.
8. Cut into eight squares.

**Calories:** 311



## Keto Granola Bars

*These Keto Granola Bars are soft and chewy and made with no oats or flour. They're grain-free, sugar-free and are the perfect portable healthy snacks for on the go.*

**Prep Time** 15 minutes

**Cook Time** 20 minutes

**Total Time** 35 minutes

**Servings** 12 bars

**Calories** 223 kcal

### Ingredients

- ½ cup drippy almond butter
- ¼ cup coconut oil
- ¼ cup golden monk fruit/Stevia sweetener
- ½ teaspoon ground cinnamon
- ¼ teaspoon Himalayan Sea salt
- 1 teaspoon vanilla extract
- 1 large egg
- 1 1/4 cups unsweetened flaked coconut
- 1 ¼ cups sliced almonds
- ½ cup chopped pecans
- 3 tablespoon sunflower seeds
- 1 tablespoon hemp seeds
- 1 tablespoon water

### OPTIONAL:

- 1-2 tablespoons sugar-free vegan chocolate chips

### Instructions

Preheat oven to 350 F. Line an 8 x 8 baking dish with parchment paper sling for easier removal. Set aside.





In a large pot, add the almond butter, coconut oil, monk fruit sweetener over medium heat, while stirring frequently until the sweetener has dissolved. Remove pot from heat and allow mixture to cool down for 2 minutes.

Whisk in cinnamon, salt, vanilla and beaten egg.

Stir in flaked coconut, sliced almonds, chopped pecans, sunflower seeds and hemp seeds until combined. If mixture seems too dry, add 1 Tablespoon of water, or a little bit more as needed to help bind.

Transfer mixture into prepared pan while pressing down very firmly and flattening with a spatula until tight and compressed. Sprinkle with chocolate chips, if using.

Bake in preheated oven for 15-18 minutes, until edges are slightly brown.

Remove pan from oven and allow to cool completely (I like to place the pan in the freezer so the bars set quicker). Once cooled, use the parchment paper overhang to transfer the uncut bars to a cutting board. Using a sharp knife, cut into even rectangles. Bars can be stored in an airtight container or resealable bags in the freezer for up to 3 months.