

You won't believe how easy it is to make these homemade kind bars! Just 3 ingredients for chewy, crunchy, healthy coconut almond bar!

INGREDIENTS:

- 1 cup unsalted almonds
- 1 cup unsweetened coconut flakes or raw coconut chips
- ¼ teaspoon salt, optional
- ¼ cup pure maple syrup



INSTRUCTIONS:

1. Preheat oven to 325°F. Line an 8-inch square baking pan with parchment paper. Set aside.
2. Add almonds, coconut and salt (if using) to a large bowl. Stir until well mixed. Pour maple syrup over this mixture. Fold until well incorporated.
3. Pour this mixture into the prepared baking pan. Using a rubber spatula, press down on mixture and smooth into a tightly-packed, even layer. Bake for 28-38 minutes. Bars must bake thoroughly, or they won't hold together when cooled.
4. Allow to cool for 1 hour (or until completely cooled), in the pan on a cooling rack. Pinching opposite ends of the parchment paper lining, lift bars out of pan. Gently peel parchment paper off the bottom of the bars. Slice into 12 bars (6 rows by 2 columns). Enjoy!

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe Source <https://beamingbaker.com/3-ingredient-homemade-kind-coconut-almond-bar-recipe-paleo-vegan-gluten-free-dairy-free-protein-rich>

Storing Instructions: Store in an airtight container at room temperature for up to 1 month.

Nutrition Info is an estimate based on 12 total bars, with no salt used.

Nutrition Facts

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 25 g		Total Fat 8g	12%	Total Carbohydrates 11g	4%
1 serving (0.9 oz)		Saturated 2.3g	12%	Dietary Fiber 2g	8%
Calories 118		Trans Fat 0g		Sugars 7g	
From fat 67		Cholesterol 0mg	0%	Protein 3g	5%
		Sodium 70mg	3%		
		Calcium 4% • Iron 3%		Vitamin A 0% • Vitamin C 0%	
		<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>			

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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