



Vital Green bar (makes 12-16 bite size)

Equipment:

baking sheet & 20 cm x 20 cm baking tin

Ingredients:

⅓ cup Vital All in One (30g)

⅓ cup desiccated coconut

½ cup coconut cream

3 tablespoons coconut flour

2 tablespoons unsweetened pea protein powder

2 tablespoons psyllium husk

1 tablespoon cacao powder

½ teaspoon cinnamon powder

2 tablespoons dry fruits of your choice (chopped finely except for raisins)

- Dates

- Raisins

- Figs

- Apricots

¼ cup coconut oil – melted

1-2 tablespoons filtered water, coconut water or milk of your choice if the mix is too crumbly.



Directions:

1) Preheat oven to 160 degrees and set baking sheet in the baking tin.

2) Mix all ingredients in a large bowl except for coconut cream and oil.

3) Add coconut cream and oil to 2) and mix well.

4) Pour the mix into the baking tin and flatten it with a fork or spatula.

5) Bake it for 25-30 minutes or until its surface becomes light brownish. (it's actually dark green though.)

6) When it cools down, cut into the size you like. See the note for storage.

Note: Wrap with foil and store in the freezer for up to a month or so. It's quickly defrosted at room temperature but you can eat them without defrosting.

