

Vital Green bar (makes 12-16 bite size)

Equipment:

baking sheet & 20 cm x 20 cm baking tin

Ingredients:

1/3 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)

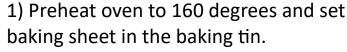
- Dates
- Raisins
- Figs
- Apricots

¼ cup coconut oil – melted

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







- 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.

