



Paleo bar

makes 10-12

(size 15cm x 15 cm x 5mm)

Equipment:

Mini chopper and non-stick baking sheet

Ingredients

4 medjool dates - pitted and chopped roughly

2 tablespoons raisins *see note

2 figs

1 tablespoon each (unsalted, natural)

- Almond (= about 15)
- Macadamia (= about 10)
- Cashew (= about 10)

1 tablespoon coconut flour

1 tablespoon desiccated coconut

3 drops cinnamon oil (optional)



Direction

- 1) Mill all nuts in a mini chopper.
- 2) Add all dry fruits in 1) and process until they become smooth or one big blob.
- 3) Take the blade out and add coconut flour and desiccated coconut.
- 4) Mix well until all flour disappears.
- 5) Add cinnamon oil and mix well.
- 6) Pour the mix onto baking sheet and form thin square by pressing with your palm. (see the photo at left)
- 7) Cut into 10-12 bars. (Number may varies according to each size)

Note:

This way is economic because raisins and figs are cheaper than medjool dates.