

No Bake Coconut Date Bars

Contains nuts. Can be omitted.

Please check all labels carefully for your dietary restrictions.

1 1/3 cups unsweetened, shredded coconut, divided
2 cups pitted and quartered Medjool dates
2/3 cups chopped nuts (pecans or English walnuts), can be omitted
1/3 cup sweet cocoa nibs
2 T pure maple syrup
1/2 tsp kosher salt
1/2 tsp pure vanilla extract
4 tsp coconut oil
4 tsp water

Preheat oven to 325 degrees Fahrenheit. Spray an 8x8 pan with non-stick baking spray. Place 1/3 cup shredded coconut in baking pan and bake until light golden brown, 7-9 minutes. Watch carefully so it doesn't burn.

Pulse dates, remaining shredded coconut, nuts (if using), cocoa nibs, and salt in a food processor until ingredients are crumb sized. Add maple syrup, vanilla, coconut oil, and water; pulse just until mixture begins to clump together.

Press coconut mixture firmly into prepared pan; sprinkle toasted coconut over top and press gently to adhere. Refrigerate bars until set before slicing (2 hours). Store in refrigerator or freezer.

Note, if you prefer a sweeter bar, use sweetened, shredded coconut.

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