

**START
LOW
CARB**



Pure Vanilla Coconut Bars

1 cup shredded coconut (unsweetened)
1/4 c water & 2-3 Stevia packets
2 tbsp virgin coconut oil
1/2 tsp pure vanilla extract
1/8 tsp salt

Combine all ingredients in a food processor. Squish into any small container (I used a 7 × 5.) and refrigerate for an hour before slicing. (Or freeze for 15 minutes.)

May be stored in the fridge or freezer, for a few weeks.

72% Fat - Makes 6-8 bars.

Per Bar: Cal: 100, Fat: 8g, Net Carbs: 5.5, Pro: 1.5g