

Berry sandwich bars



100g coconut flour
60g vanilla flavour whey or
rice protein powder (optional)
1 tbsp ground flaxseed
½ tsp baking soda
1½ tsps cinnamon
½ tsp sea salt flakes
50ml melted coconut oil
25ml unsweetened
coconut milk
4 medium sized eggs
2 tsps vanilla extract
20g pitted dates, finely chopped
200g mixed berries
10g unsweetened coconut flakes

MAKES 8 SQUARES

Preheat the oven to 175°C/350°F. Line a 9x9 inch baking tray with baking paper.

Sieve the flour into a bowl and add the protein powder (if using), flaxseed, baking soda, cinnamon, and salt. Set aside.

In a separate bowl whisk together the coconut oil, coconut milk, eggs, and vanilla until creamy. Add the dates then slowly stir in the flour mixture until well combined and a firm dough forms.

PER SQUARE:
204 Calories
12g Carbs
12g Protein
12g Fat

Divide the dough in half and press half evenly into the bottom of the baking paper lined pan. Spread the berries evenly over top of the dough.

On a separate sheet of baking paper, gently shape the remaining dough into a similar size and shape as before. Lift the dough onto the paper and transfer over the berries like a lid, removing the paper as you go. If it breaks apart, that's fine, just cover the berries as much as possible. Sprinkle the dough lid with coconut flakes, and press lightly to hold them in place.

Bake for 20 minutes, until the coconut is golden and they spring back to the touch. Allow to cool in the pan completely before cutting into squares.

Store in an airtight container and refrigerate for up to 4 days.

