

Coconut Cream Pie Lara Bar

Ingredients:

- 3/4 cup raw almonds
- 1/4 cup raw cashews
- 1 1/4 cups pitted dates
- 1/4 cup unsweetened shredded coconut
- 1 tbsp coconut oil, melted * See notes
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Directions:

- Line an 8 x 8-inch pan or loaf pan with parchment paper and set aside.
- In a high-speed blender or food processor, add your raw cashews and raw almonds and blend until a coarse texture remains- Do not over blend or you'll be left with nut butter.
- Add your pitted dates and blend until just combined. Add your unsweetened shredded coconut and continue blending, scraping down the sides at regular intervals. Once a thick dough remains, add your coconut oil and blend once more.
- Pour your batter into the lined pan and press firmly in place. Refrigerate until firm, before slicing into 12 bars.



Notes: You can omit the coconut oil completely. I kept it in because it added a smoother texture to the bars.

If the Larabar dough seems a little too wet, add some extra almonds or cashews. If the Larabar dough seems too dry, add a tablespoon or two of water.

Homemade Coconut Cream Pie Larabars can be kept at room temperature, sealed or in a covered container. They are freezer friendly, and can keep for up to 5 months.