

CRAZY Delicious Recipes!

Easy! Dessert, Gluten-Free, Low Carb, Vegan...

Nut-Nola™

Crust (scrumptious) — No-Bake Key Lime Bars

MAKE THE BOTTOM, CRUST LAYER

You will need a food processor, medium-sized mixing bowl,
10 X 10" baking pan, parchment paper,

INGREDIENTS

¾ cup Nut-Nola
½ cup raw, *almond butter
3 tablespoons *coconut flour
3 tablespoons. *coconut oil
2 teaspoons. *maple syrup
1 tablespoons. *cinnamon
1 teaspoon freshly grated, *nutmeg
¼ teaspoon *ground cloves
½ teaspoon sea salt or Himalayan salt



MAKE THE CRUST

1. Prepare a 10" square baking pan with a generous coating of ghee, avocado or olive oil. Then line the pan with parchment paper. Set aside.
2. Place all the above ingredients into your medium-sized bowl.
3. With all ingredients together in the bowl—mix them with a spatula or wooden spoon, until thoroughly combined. This may take a full minute or two.
4. Place the combined ingredients into prepared baking pan and spread onto bottom of the baking pan in an even layer. NOTE: It will crust be loose at this stage if at room temp.
5. Place baking pan, containing the bottom layer mixture, into the refrigerator. Refrigerate for 1 hour or until the bottom layer becomes solid or stiff.

Makes a 10 x 10" tray of "crazy delicious" bars.
*organic

MAKE THE TOP FILLING LAYER

You will need a well-powered blender

INGREDIENTS

NOTE: SOAK THE CASHEWS AND DATES OVERNIGHT IN WATER, PRIOR TO MAKING THE BARS.

2 cups *raw cashews
1/2 cup *lime juice of 3 limes
1/2 cup *coconut milk (full fat without additives)
NOTE: If the coconut milk is separated in the can blend in the blender before measuring.
1/2 teaspoon *cardamom
2 tablespoons *coconut oil
zest of one *lime (reserve a small amount for garnish on top of the filling layer)
5 soaked *dates (remove their pits)

*organic

MAKE THE KEY LIME FILLING

1. Drain the cashews and place into the blender.
2. Measure the remaining ingredients and put into the blender.
3. Blend on medium-high for 30 seconds.
4. Scrape the sides down.
5. Blend until very smooth and well combined.
6. Pour filling into the baking pan.
7. Spread the filling over the bottom layer evenly.
8. Sprinkle with reserved lime zest.
9. Place in refrigerator (overnight) or freezer (faster)
10. When the bars are set to a solid consistency cut into desired sizes and store either in the refrigerator or freezer. NOTE: When storing in the freezer, thaw completely before serving.

