



HEALTHY SUMMER BARS

🔪 10 min ⌚ 1h 50 min 🌱 easy 🍰 20 pieces

INGREDIENTS

100 g coconut oil, plus extra for greasing
 140 g almonds, unsalted
 200 g dates, pitted
 380 g cashew nuts, unsalted, raw, soaked in hot water 10 minutes before preparation or soaked in cold water overnight and drained
 30 g lemon juice
 2 tbsp honey
 1 tsp vanilla extract
 150 g frozen mixed berries

USEFUL ITEMS

2 silicone forms with rectangular molds (8 x 2.5 cm)

PREPARATION

1. Grease silicone forms (8 x 2.5 cm) with coconut oil and set aside.
2. Place 20 g coconut oil, almonds and 140 g dates into mixing bowl and chop **20 sec/speed 5**. Spread mixture into silicone forms and freeze until needed.
3. Place drained cashew nuts into mixing bowl and grind **2 min/speed 6** to a smooth paste.
4. Add lemon juice, honey, vanilla extract and set **speed 3** while very slowly pouring remaining 80 g coconut oil onto mixing bowl lid, letting it drizzle around measuring cup in a thin stream onto rotating blades to create cream. Distribute evenly half cashew cream into silicone forms cream and freeze for 30 minutes. Transfer remaining cashew cream into a bowl and refrigerate.
5. Add remaining 60 g. dates, remaining cashew cream and 100 g. mixed berries and mix **20 sec/speed 6**. Cover silicone forms, garnish with remaining 50g. mixed berries and freeze for at least 1 hour. Remove from freezer 10 minutes before serving.

TIP

Bars can be stored in freezer up to 2 months. You may also use a square cake tin or a square tray (20 x 20 cm). Cut in bars before serving.