

LIME COCONUT BARS

Guilt free dessert—no dairy, no sugar, fat-burning coconut, healthy goodness of lime, plus all the fiber and good fats in avocados!

INGREDIENTS – to make 6 servings

Crust

- ¼ cup unsweetened Coconut flakes
- ¼ cup Butter (Ideally grass-fed)
- 1.5 Tbsp Coconut flour
- 1.5 tsp [Erythritol](#) or [Monk Fruit](#) *
- ¼ tsp Baking Powder



[Cooking video at dessert recipe page](#)

Filling

- 2 medium Avocados
- Juice from 2 large or 3 medium Limes (Note, not “Key” limes.)
- 1 Tablespoon “[Agave 5](#)” or “[Vita-Fiber](#)” (Or honey if you are not tightly watching carbs)
- 10-30 drops [Liquid Stevia](#) to desired sweetness
- 3 Tbsp unrefined organic Coconut oil
- Garnish options: crushed nuts like walnuts, pecans or macadamia nuts

* To find unique products needed above, go to TrinityHealthCoaching.com/products

DIRECTIONS

Crust

1. Put coconut flakes in food processor (or coffee bean grinder) grind for 10-15 seconds
2. Stir ground coconut flakes, coconut flour and butter in bowl.
3. Add sweetener and baking powder, stir until thoroughly mixed
4. Spread into pre-buttered baking dish.
5. Bake in 350-degree oven for 8-12 minutes until golden. *Thin crust could burn quickly!*
6. Let crust cool completely before topping with below filling.

Filling

1. Scoop fruit from 2 ripe avocados into blender, add lime juice, blend thoroughly.
2. Add coconut oil and sweeteners, blend thoroughly.
3. Once to your desired sweetness, spread mixture evenly over cooled, baked crust.
4. Top with nuts, as desired.
5. Refrigerate overnight, or at least 3 hours. Then enjoy your healthy new dessert!

Easily add to cronometer tracker by searching for “[Trinity Lime Bars](#)”