



Raspberry Lime Bars

Recipe created by Carlene McIntyre

This recipe was created for my friends & neighbors at Sterling Oaks. These rich, creamy bars are made without animal products & have no added sugar, oil or salt, but they aren't recommended if you're working on weight loss because they're higher in calorie density. *(Updated 3/27/25 to make it easier to slice bars.)*

Ingredients

Bottom layer:

- 1 cup unsweetened shredded coconut
- 1 cup gluten-free rolled oats
- 1 cup pitted dates
- ½ cup warm water

Top layer:

- 2 large Haas avocados, peeled and sliced
- 1 to 1.5 cups pitted dates, soaked in water until softened, then drained
- ¼ cup lime juice

Topping:

- 1 pint fresh raspberries

Preparation

- Line a loaf pan with a sheet of parchment paper.

Bottom layer:

1. Soak dates in warm water until soft.
2. Add dates & soaking water to a food processor and process using the S-blade until a soft paste is formed.
3. Add coconut, and rolled oats to the food processor and process using the S-blade until well-blended. Stop to scrape sides if needed during processing.
4. Press the mixture evenly into the lined loaf pan.
5. Refrigerate while preparing the top layer.



Top layer:

1. Add the dates to a food processor and process using the S-blade until a paste forms.
2. Add lime juice and avocados to the food processor and process using the S-blade until smooth.
3. Spoon the mixture evenly over the bottom layer.
4. Top with raspberries.
5. Place in the freezer for several hours, until the top layer is firm enough to slice.

Notes

- Taste the top layer. If it's not sweet enough for your taste, you can soak and blend more dates and add them, or if you have any date syrup on hand, you could add that instead.
- To slice into bars, remove from the loaf pan by lifting the parchment paper and place on a plate to slice. Slicing is easier if you let the bars sit at room temperature and thaw slightly first.
- Store uneaten bars in a sealed storage container in the freezer.