

A Gut Feeling Cashew Coconut Keto Bars

Yields 8-12 Bars

INGREDIENTS

- ½ cup raw cashews
- 5 small dates
- 1 scoop Protein Powder
- 1 Tablespoon Coconut Cream powder
- 1 Tablespoon water
- Hemp Hearts for topping
- 1 egg white

INSTRUCTIONS

1. Line a small square baking pan* with parchment or foil.
2. Process cashews, dates, protein powder, coconut cream and egg white in a blender.
3. Add up to 1 Tablespoon of water until mixture starts to ball up in food processor.
4. Spread evenly into square pan.
5. Sprinkle Hemp Hearts evenly on top.
6. Bake at 350°F for 20 minutes. Let cool.
7. Place in freezer to firm for 20 minutes.

NUTRITION SERVICES