



Low Carb Diabetes Association

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Protein Nut Bars

Ingredients:

- 2 cups your favorite nut(s)
- ½ cup golden flaxseed meal
- ½ cup unsweetened shredded coconut
- ½ cup creamy roasted nut butter (peanut, almond, etc)
- ½ teaspoon Celtic or REAL sea salt
- ½ cup coconut oil or walnut oil or other oil
- 4 drops stevia or 1/16th stevia powder, monk fruit, chicory root, xylitol.
(Can add more sweetener if desired)
- 1 tablespoon vanilla extract
- 1/2 cup unsweetened cocoa powder

Directions:

1. Place nuts, flax meal, shredded coconut, almond butter and salt in a food processor
2. Pulse briefly, about 10 seconds
3. In a small sauce pan, melt coconut oil over very low heat
4. Remove coconut oil from stove, stir in sweeteners and vanilla into oil
5. Add chocolate powder
6. Add oil mixture to food processor and pulse until ingredients form a coarse paste
7. Press mixture into an 8x8 inch glass baking dish
8. Chill in refrigerator for 1 hour, until mixture hardens

Remove from refrigerator, cut into bars and serve.