



ALMOND POWER BARS

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

I bring these bars to functions quite often and always get asked for the recipe. They are a great protein-filled snack/treat, but can also be eaten as a special dessert. They are definitely a better choice to calm those late-night cravings.

This recipe, while not a part of the weight loss plan, can be used for special occasion or occasionally, as it is more of a maintenance item.



INGREDIENTS

- 2 cups raw almonds
- 1/2 cup golden flaxseed meal
- 1/2 cup unsweetened shredded coconut
- 2 scoops protein powder (vanilla or chocolate)
- 1/2 cup almond butter (no sugar)
- 1/2 tsp pink Himalayan salt
- 1/2 cup coconut oil (melted)
- 8 drops liquid stevia or 3/4 tsp pure stevia powder
- 1 Tbsp. pure vanilla extract



4 oz. unsweetened chocolate
1/3 heavy whipping cream
1/4-1/3 cup Swerve granular or xylitol*

DIRECTIONS

Place almonds into a food processor and pulse several times for a coarse grind. Add flax meal, coconut, protein powder, almond butter and salt in a food processor. Pulse about 10-15 seconds.

Add stevia and vanilla into the coconut oil, stir and add to the food processor. Pulse until it forms a paste. (The longer you process it, the finer the grind of the nuts – it's up to you.)

Line an 8x8 baking dish with parchment or cling wrap and press the mixture into the dish. (This helps to lift the bars from the pan later.) Refrigerate for an hour or until mixture hardens.

Cindy's Chocolate Ganache Topping

Melt 4 ounces unsweetened chocolate in a double boiler. In small pan scald 1/3 cup heavy cream, adding 1/4-1/3 cup xylitol or swerve granular to taste. Stir until dissolved. Pour half of the cream mixture into the melted chocolate and stir quickly.

If the chocolate seizes, continue to add more cream and stir until it becomes smooth again. Use only the amount you need to make the consistency of a ganache. How much you need will depend on the quality of your chocolate.

If the chocolate is still not smooth, add unsweetened coconut or almond milk until it is creamy and spreadable.

Pour ganache over almond mixture and refrigerate until set. Store in refrigerator. Enjoy!

Dairy Free - substitute the heavy cream for coconut cream

*Be careful with xylitol around the house. It is poisonous to dogs.