

# No Bake Keto Coconut Almond Squares

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 2 cups unsweetened shredded coconut
- 1 cup almond flour (almond meal)
- 3/4 cup coconut oil, melted
- 1 tsp vanilla extract
- 20-25 drops of liquid stevia\* (see notes for other sweetener options)
- Optional: 4 tbsp chocolate chips
- 1 tsp coconut oil for chocolate chips

## Instructions:

1. Line an 8" square pan with parchment paper.
2. In a bowl, combine shredded coconut, almond flour, coconut oil, vanilla and stevia or maple syrup. Note: maple syrup is not "keto" but that's what I prefer over stevia.
3. Pour mixture into square pan and press down firmly with hands or a spatula. Place in freezer to set for 2 hours.
4. Cut into cubes or squares.
5. These stay freshest in the fridge for up to 1 week or in the freezer for up to 3 months.
6. To make the chocolate drizzle: Melt chocolate chips and coconut oil on low in a small pot. When melted, drizzle over squares. I spread them out on a cookie sheet to make it easier for drizzling.

## Notes:

\*If you don't care to make these keto (I'm not keto) then make these with maple syrup instead. I use 2-3 tbsp of dark maple syrup. Also for the chocolate drizzle, unless you're using chocolate chips sweetened with stevia or erythritol then they won't be keto.