

## Almond Bars

### INGREDIENTS

3 eggs  
1/3 c pure maple syrup  
2 tsp vanilla extract  
1 1/2 c almond flour  
1/4 tsp sea salt  
2 tbsp lemon zest  
2 tbsp unsweetened shredded coconut

### DIRECTIONS

Preheat oven to 375° F.  
In a food processor, VitaMix, or other grinding unit, take a couple handfuls of nuts and grind them into flour.  
Set aside 1 1/2 cups.  
In blender, beat eggs.  
Add maple syrup and vanilla.  
Add salt to almond flour.  
Add almond flour mixture to egg mixture.  
Add lemon zest. Add coconut.

Grease 8x8 baking dish (coconut oil spray), and pour in mixture.  
Bake for about 20 minutes, or until a fork can be inserted and come out clean.  
Cut into smaller squares and serve.



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