

Smokin' Almond Bars from Dr J's* Daily Delicious Bites - from Matt Look

Gluten Free and low carb.

Can be served with yogurt, ice cream (low carb) or berries - or great by themselves

Ingredients:

- 3 eggs
- 1/3 cup pure maple syrup (or sugar free maple syrup)
- 2 tsp vanilla extract
- 1 1/2 c almond flour. (Or grind almonds to make an almond meal)
1 c Almond flour has 16 g carbs and 12 g fiber per cup = 4 g net carbs
- 2 tbsp lemon zest
- 2 tbsp unsweetened shredded coconut
2.67 g carb and 1.3 g fiber = 1.37 g net carbs

Directions:

1. Preheat oven to 375'
2. Grind almonds or use flour or meal - add salt set aside
3. Beat eggs. Add maple syrup and vanilla
4. Add almond flour to egg mixture
5. Add lemon zest
6. add coconut
7. Grease 8x8 baking dish (coconut oil spray) - pour in mixture
8. Bake for about 20 minutes until fork or toothpick comes out clean
9. Cut into 2 inch squares and serve
10. About .33 g net carb per square if you use the sugar free maple syrup and unsweetened shredded coconut.

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