

## Quintile Coconut Bars

By Jillian Teta

Quintile means “five” ....these delectable bars have coconut in them a whopping 5 ways: coconut milk, flour, oil, nectar and shreds.

I got inspired for this recipe while perusing the internet and found this website called “Elana’s Pantry” – link: <http://www.elanaspantry.com/coconut-bars/>.

Definitely go look it up ☺ She is devoted to low sugar, low carb, gluten free recipes.

Coconut (in addition to bacon and roast beef) is one of my all-time favorite foods and a superstar here at JillFit for baking and making super yummy treats. This recipe instantly caught my attention and that weekend I was in the lab (aka: kitchen) whipping it up and making it work.

These babies were really easy to make – all that you need is a food processor and an oven. I found them to have a custard-like texture and they tasted heavenly, not too sweet and full of good rich flavor. They were also so satisfying that I did not do my usual routine of eating every last bite. They can be served chilled, or warm with some coconut ice cream. I think a really great, decadent addition to the recipe would be  $\frac{3}{4}$  cup dark chocolate chips or a drizzled layer of dark chocolate over the bars.

## Quintile Coconut Bars

- 3 eggs
  - 1 cup coconut milk
  - $\frac{1}{3}$  cup coconut oil
  - $\frac{1}{3}$  cup coconut nectar
  - 1 tablespoon vanilla
  - $\frac{1}{8}$  teaspoon stevia (I used vanilla crème stevia drops, can also use regular stevia)
  - $\frac{1}{2}$  cup almond flour
  - 1 tablespoon coconut flour
  - 1  $\frac{1}{2}$  cups unsweetened shredded coconut
  - $\frac{1}{4}$  teaspoon sea salt
1. Mix eggs, coconut milk, oil, nectar, vanilla and stevia in a food processor
  2. Pulse in almond flour, coconut flour, shredded coconut and salt
  3. Transfer ingredients into an 8x8 inch Pyrex baking dish
  4. Bake at 350° for 30 minutes
  5. Cool for  $\frac{1}{2}$  hour, then place in refrigerator and serve when chilled