

## Amazing Keto Raspberry Coconut Ice Bars

### Description

*A delicious summer snacks. Easy to make.*

Prep time: Twenty minutes

**Total time:** One hour twenty minutes

**Servings:** 18 squares

### Ingredients

4 cups of desiccated fine coconut (13.5 oz)

1 cup of fat coconut cream (8.5 oz)

2 teaspoons of sugar-free vanilla extract

3/4 cup of raspberries (3.2 oz)

If desired: 8-10 frozen raspberries, crushed, for topping

### Instructions

1. Blend three cups of coconut in a blender until it forms a smooth paste. Add in the coconut cream and blend until well mixed.
2. Remove half the mixture and keep aside. Add in the vanilla extract to the half in the blender and process until combined. Add in half cup of desiccated coconut left and blend to combine.
3. Pour the mixture into a lined tin and press down on it. Transfer to the freezer while making the top layer. Pour the remaining half into the food processor and add in the raspberries. Blend until well mixed. Add in the rest of the coconut and blend until mixed.
4. Pour this on the first layer and gently press down. Then scatter the frozen raspberries over the top and press down on it.
5. Transfer to the refrigerator and chill for about one hour. When it is set, cut into small squares. You can store in the fridge for about one week or freeze for about two months.