

Delicious Keto Coconut Bars

Description

These coconut bars are fantastic and yummy.

Prep time: Thirty-five minutes

Total time: Three hours

Servings: 15

Ingredients

1 3/4 cups of shredded unsweetened coconut (4.6 oz)

1 1/3 cup of unsweetened coconut milk (10.8 Fl oz)

3.5 oz of coconut oil

1 teaspoon of cardamom powder/ eliche powder

10-20 pieces of saffron threads

If desired: top with chopped almonds

Instructions

1. Mix 10.1 Fl oz of coconut milk and shredded coconut in a bowl and set aside for about thirty minutes. Then add in the 0.7 Fl oz of coconut milk left and the saffron threads into the bowl.
2. Stir the mixture to combine properly. Set aside for about thirty minutes. Place a saucepan over medium heat and add in the coconut oil. Then pour in the coconut mixture and combine properly for about seven minutes.
3. Then add in the cardamom powder and cook for extra five minutes. Next, oil a baking tray properly. Then spread the mixture on the tray evenly. Transfer to the freezer for about two and half hours.
4. Cut into squares and serve. Can be stored in the fridge for about five days or freeze for about three minutes.