



RECIPES

Vanilla Fig Bars

INGREDIENTS:

- 2 cups blanched slivered almonds
- 1/3 cup unsweetened shredded coconut
- 1/3 tsp Celtic sea salt
- 15 drops vanilla stevia
- 1 cup dried figs soaked in ½ cup water for 12 hours

INSTRUCTIONS:

1. Place almonds in food processor and pulse to texture of gravel
2. Pulse in coconut, salt, and stevia
3. Pulse in figs
4. Press mixture into 8x8 inch square baking dish
5. Refrigerate for one hour
6. Cut into 16 squares and serve

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