



Nourish Recipe

Berry Cream Bars

Servings: 8

Recipe courtesy of
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What you'll need



measuring
spoons



measuring
cups



food
processor



9x5 loaf pan



small
saucepan



Ingredients

Crust

5 dates, pitted

1 cup almond butter (or other favorite nut butter)

$\frac{3}{4}$ cup unsweetened shredded coconut

2 Tbsp pure maple syrup

1 tsp vanilla extract

Pinch sea salt

Topping

14 oz full-fat coconut milk, divided

1 cup berries fresh or frozen

2 Tbsp pure maple syrup, divided

1 tsp lemon juice

1 tsp vanilla extract

Berry Cream Bars

Instructions

1. Place can of coconut milk (14 oz) in refrigerator for at least 4 hours.
2. Place the pitted dates (5) in a food processor and pulse to break down into pieces. Add the almond butter (1 cup), coconut (½ cup), maple syrup (2 Tbsp), vanilla extract (1 tsp) and a pinch of salt and pulse to blend until ingredients are well combined.
3. Line a loaf pan with parchment paper and add the almond butter mixture. Press down until even and flat. Place in the freezer.
4. Take the can of coconut milk out of the fridge, scoop out all of the coconut cream at the top and set aside in a bowl. Keep in the fridge.
5. Use 2 tsp of the coconut water at the bottom of the can and place into a small saucepan over medium heat. Add the berries (1 cup), maple syrup (1 Tbsp), and lemon juice (1 tsp) and stir together. Let simmer for 2-3 minutes. Let cool.
6. Take the coconut cream out of the fridge and whisk in maple syrup (1 Tbsp) and vanilla (1 tsp).
7. Take the crust out of the freezer and spread the coconut cream mixture on top of the crust, then the berry mixture evenly over that.
8. Place in the freezer for 1-2 hours before serving to firm up a bit.
9. Cut into squares before serving.



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Nutrition Facts

Servings 8

Amount Per Serving

Calories **250**

% Daily Value

Total Fat 19.9g **26%**

Saturated Fat 16.7g **83%**

Cholesterol 0mg **0%**

Sodium 32mg **1%**

Total Carbohydrate 18.5g **7%**

Dietary Fiber 4.1g **14%**

Sugars 13.2g

Protein 2.6g

Vitamin D 0mcg **0%**

Calcium 23mg **2%**

Iron 2mg **10%**

Potassium 282mg **6%**