

Lemon Coconut Bars



The combination of simple sugars for instant energy, complex carbohydrates for more lasting energy, and a bit of healthy fat to smooth over the morning hungries make these bars the perfect superfood.

Nutrition Facts

Serving Size (51g)
Servings Per Container: 12

Amount Per Serving

Calories 210 Calories from Fat 120

%Daily Value*

Total Fat 13g 20%

Saturated Fat 11g 53%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 23g 8%

Dietary Fiber 4g 18%

Sugars 11g

Other Carbohydrate 7g

Protein 3g 6%

Vitamin A 0% • Vitamin C 8%

Calcium 2% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Ingredients

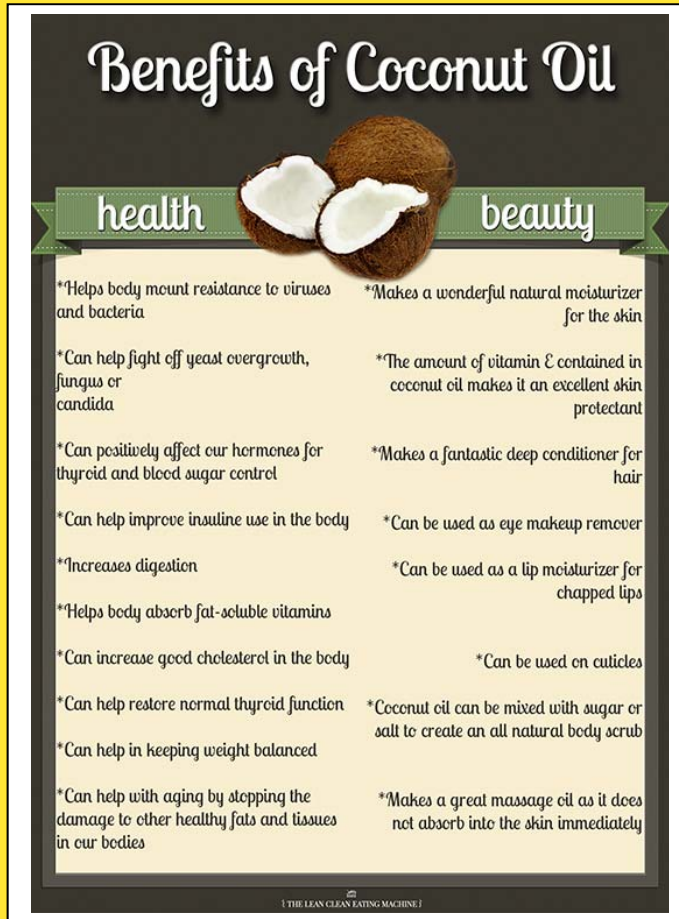
- ❖ 1 1/2 tablespoon chia seeds
- ❖ 3 tablespoons fresh lemon juice
- ❖ 1 cup oat flour
- ❖ 1/2 teaspoon baking powder
- ❖ pinch of sea salt
- ❖ 3/4 cup plus 2 tablespoons shredded dried coconut
- ❖ 2 tablespoons fresh lemon zest
- ❖ 2 tablespoons coconut oil, melted
- ❖ 2 tablespoons applesauce
- ❖ 1/4 cup agave nectar
- ❖ 1/2 cup medjool dates

Instructions

1. Preheat oven to 300 F. Lightly grease an 8 x 8 baking pan.
2. In a small bowl, mix the chia seeds and lemon juice together. Set aside for 20 minutes to allow the chia seeds to become saturated and bulk up, stirring once halfway through.
3. Meanwhile, in a medium bowl, mix together the coconut flour, baking powder, salt and 3/4 cup coconut flakes. Sprinkle in the lemon zest and mix again until distributed.
4. In a separate bowl, combine the coconut oil, applesauce, and agave nectar. Mix in the soaked chia seeds. Chop the pitted dates very finely, and mix in with the other wet ingredients.
5. Pour the wet ingredients into the dry, and stir until blended. Spread the mixture into the prepared baking pan, using a spatula to flatten out the surface. Sprinkle the remaining 2 tablespoons of coconut on top, patting it down lightly into the mixture.
6. Bake for 25-28 minutes, until the edges begin to turn golden brown. While warm cut into 12-16 squares.

Key Ingredients of Superfood Lemon Coconut Bars

Benefits of Coconut Oil



The infographic is titled "Benefits of Coconut Oil" and is divided into two columns: "health" and "beauty". It features an image of a coconut at the top. The "health" column lists benefits such as helping the body mount resistance to viruses and bacteria, fighting off yeast overgrowth, affecting hormones for thyroid and blood sugar control, improving insulin use, increasing digestion, helping absorb fat-soluble vitamins, increasing good cholesterol, restoring normal thyroid function, and helping with aging. The "beauty" column lists benefits like natural moisturizer for the skin, skin protection from vitamin E, deep conditioner for hair, eye makeup remover, lip moisturizer for chapped lips, use on cuticles, and as a massage oil.

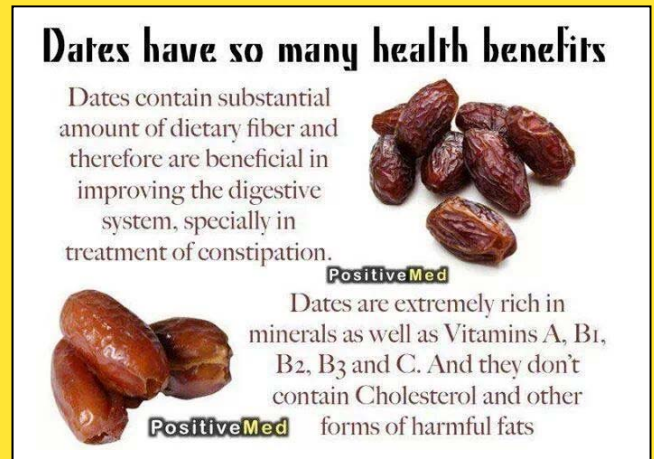
health **beauty**

- *Helps body mount resistance to viruses and bacteria
- *Can help fight off yeast overgrowth, fungus or candida
- *Can positively affect our hormones for thyroid and blood sugar control
- *Can help improve insulin use in the body
- *Increases digestion
- *Helps body absorb fat-soluble vitamins
- *Can increase good cholesterol in the body
- *Can help restore normal thyroid function
- *Can help in keeping weight balanced
- *Can help with aging by stopping the damage to other healthy fats and tissues in our bodies

- *Makes a wonderful natural moisturizer for the skin
- *The amount of vitamin E contained in coconut oil makes it an excellent skin protectant
- *Makes a fantastic deep conditioner for hair
- *Can be used as eye makeup remover
- *Can be used as a lip moisturizer for chapped lips
- *Can be used on cuticles
- *Coconut oil can be mixed with sugar or salt to create an all natural body scrub
- *Makes a great massage oil as it does not absorb into the skin immediately

THE LEAN CLEAN EATING MACHINE

Dates have so many health benefits



The infographic is titled "Dates have so many health benefits" and features an image of several dates. It explains that dates contain substantial dietary fiber and are beneficial for improving the digestive system, especially in the treatment of constipation. It also notes that dates are extremely rich in minerals and vitamins A, B1, B2, B3, and C, and do not contain cholesterol or other harmful fats.

Dates contain substantial amount of dietary fiber and therefore are beneficial in improving the digestive system, specially in treatment of constipation.

PositiveMed

Dates are extremely rich in minerals as well as Vitamins A, B1, B2, B3 and C. And they don't contain Cholesterol and other forms of harmful fats

PositiveMed

2 Tablespoons Of Chia Seeds Contain:

Only 85 Calories	Each Seed Is 16% Complete Vegetable Protein
100% More Omega-3 Fatty Acids Than Salmon	6 Times More Iron Than Spinach
41% Of Your Daily Fiber	64% More Potassium Than A Banana
6 Times More Calcium Than Milk	More Niacin Than Corn, Rice, & Soy
32% of Your Daily Magnesium	Double The Antioxidants Found In Blueberries

Nutritional Breakdown: 31% fat, 16% protein, and 44% carbohydrate with 38% fiber

10 Health Benefits of... Lemons & Limes



The infographic is titled "10 Health Benefits of... Lemons & Limes" and features an image of four lemons and four limes. It lists ten health benefits: 1. Assists Nervous System, 2. Healthy Heart, 3. Detoxify Your Body, 4. High in Anti-Oxidants, 5. Relieves Constipation, 6. Lowers Blood Pressure, 7. Induces Good Sleep, 8. Highly Alkalizing, 9. Anti-Viral, and 10. Relieves Heartburn. The website eathealthylivefit.com is mentioned.

eathealthylivefit.com

1. Assists Nervous System
2. Healthy Heart
3. Detoxify Your Body
4. High in Anti-Oxidants
5. Relieves Constipation
6. Lowers Blood Pressure
7. Induces Good Sleep
8. Highly Alkalizing
9. Anti-Viral
10. Relieves Heartburn

Resources; Superfood Kitchen - Julie Morris, spryliving.com, healthyhandmedowns.com