



Homemade Lemon LaraBars

INGREDIENTS

1 cup raw almonds
1 cup raw cashews
2 cups pitted Medjool dates
2 TBS fresh lemon juice
2 tsps lemon zest
Optional – 4-6 packets True Lemon

DIRECTIONS

Place the nuts in a food processor process until broken down. They should resemble a coarse, grainy flour but a few larger chunks left behind are ok. Add dates, lemon, zest and True Lemon packets and blend into a thick, sticky dough you can press between your fingers. If it's not sticking together, add 1 tbsp of warm water and blend again. Firmly press the dough into a parchment lined pan, flattening it into rectangles or balls. Place into the freezer for an hour to firm up. Cut into 14 bars and store in a sealed container for up to 2 weeks or freezer for up to 3 months. Each of 14 bars is 170 calories.