

## Baklava Bars (Vegan, grain-free, refined sugar free)

### Ingredients:

½ cup chopped hazel nuts  
½ cup chopped pecans or walnuts  
½ cup almond flour  
1.5 T coconut oil  
1/8 tsp sea salt or Himalaya salt  
¼ cup maple syrup  
¼ cup tehina  
2 T coconut flour  
Dash of cinnamon  
1 tsp vanilla extract

### Instructions:

1. In a frying pan toast the chopped nuts, almond flour, coconut oil, and salt on medium-low until lightly toasted – about 2 to 3 minutes.
2. Mix in maple syrup until it bubbles, then remove from heat and let cool for 5 minutes.
3. Place mixture in a bowl and add the tehina, vanilla extract, and coconut flour.
4. Spread and flatten into lightly greased 20 x 20 cm baking pan.
5. Freeze for 30 minutes.
6. Cut into squares and store in closed container in the freezer.

In health and yumminess,  
Mindy