

Coconut Ice Bars

These are a classic Aussie dessert made vegan and healthier. They last well in the fridge for a couple of weeks or in the freezer for 3 months.

Ingredients

6 tbsp melted coconut butter

1 cup desiccated coconut

3 tbsp agave

¼ cup melted coconut oil

1 tsp vanilla extract

Pinch salt

5g freeze dried strawberries or ½ cup fresh strawberries or other berries (with juice squeezed out) (we used 1 tsp dragon fruit powder and 5gm freeze dried peaches)

Method

1. Place all the ingredients in a bowl except the strawberries. Combine well.
2. Divide the mixture into ½ then mix in the berries to one half of the mixture.
3. Line a 15x12cm tin with biodegradable plastic wrap or baking paper and spread in the white mixture. Level with an offset spatula.
4. Spread on the fruit layer and freeze for a few hours. Place in freezer for an hour to set.
5. Cut into squares and store in the fridge in an airtight container for a few weeks.



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