

Snacks Keto

VEGAN BOUNTY BARS 2 PORTIONS and TUNA SALAD

\$0.69/SERVING EST



2 cups Unsweetened Shredded Coconut

¼ cup Coconut Oil

2 tablespoons Maple Syrup

½ cup Dark Chocolate Chips

1 pinch salt

Prep: 15 mins

Cook: 1 hour and 30 mins

1. Add shredded coconut, melted coconut oil or softened coconut butter, and maple syrup or honey to a food processor and blend until a sticky mixture forms. Do not over-process coconut or the bars will feel sandy. You can also mix this by hand in a bowl with a spatula.
2. Press the coconut mixture firmly into a pan lined with parchment paper and place in the freezer until completely hard, about 1 hour.

3. Cut into 12 bars. If your bars start to fall apart press it back together and freeze again for another hour before cutting.
4. Melt your chocolate in a microwave or in a heat-proof bowl over a small pot of simmering water.
5. Dip your bars into the chocolate one by one and place on a wire rack or pan lined with parchment paper. Top with a sprinkle of sea salt. Allow to set in the fridge for at least 30 minutes. Enjoy cold or store in an airtight container in the fridge for up to 7 days.
6. *Berry flavored: Instead of using honey or maple syrup, add ½ cup of berries, blended in a blender or food processor.
7. *More toppings: Add toppings as a dried fruit, nuts, or seeds for added zinc and iron.

TUNA SALAD

\$0.78/SERVING EST

Ingredients and groceries scaled from original 1 serving

2 ½ can (5 oz.) tuna drained

10 teaspoons mayonnaise

5 dashes salt

5 dashes pepper

Prep: 5 mins

1. Drain tuna. In a bowl, add mayonnaise, salt and pepper to tuna and mix.