

GLP-1 Boosting Coconut Joy Bars

PREP TIME: 30 minutes

CHILL TIME: 90 minutes

Makes 16 servings

GLP-1 is a naturally occurring hormone that helps regulate your blood sugar, hunger, and metabolism. These bars not only help boost it, they taste like candy bars!



INGREDIENTS

Bars

1/2 c. coconut oil
1/4 c. MCT oil
1/4 c. flaxseed oil
1 tsp. vanilla extract
1 c. unsweetened coconut flakes
1/4 c. coconut flour
1/4 c. golden flaxseed meal
1/4 c. allulose sweetener
3/4 c. collagen protein powder

Dark Chocolate Coating

2 oz. unsweetened baking chocolate
1 tbsp. coconut oil
1 tbsp. allulose sweetener

NOTES:

Flaxseed oil is available in the refrigerated section of the health food store (I got mine at Sprouts). It must be stored in the refrigerator!

INSTRUCTIONS

1. Add coconut oil, MCT oil, flaxseed oil and vanilla to a medium bowl and mix well. (NOTE: If it is cold and your coconut oil is solid, warm it until just liquid.)
2. Add coconut flakes, coconut flour, flaxseed meal, allulose sweetener and collagen protein, then mix well; chill mixture in refrigerator for at least one hour or overnight.
3. Using a teaspoon, scoop out small portions of chilled coconut mixture and form into small bars (like a fun-size candy bar would be) and place on a parchment-lined baking tray; once bars are formed, place tray in the freezer to chill for 15 minutes.
4. In small, microwave-safe bowl, heat the baking chocolate in 30 second increments until hot and melted; stir in coconut oil and sweetener, then allow to cool slightly, to roughly room temperature.
5. Using a fork, dip each bar into chocolate mixture until coated, then place back on baking tray; chill in freezer for 15 minutes, until chocolate is hard, then store in an airtight container for up to 2 weeks.

MACROS PER BAR

241 calories | 21.6g fat | 5.5g carbs | 2.9g fiber | 6.5g protein

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