

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Raw Nanaimo Bars

*[Taken from [healthyaperture.com](http://healthyaperture.com)]*

### Ingredients:

- 1 c shredded coconut
- 1 c dates
- ½ c almonds
- ¼ c cacao powder
  
- 2 c cashews
- ¼ c coconut oil
- 2 tbsp honey or agave
- 1 tbsp vanilla
  
- ¾ recipe raw chocolate

### Directions:

- In your food processor, mix together dates and almonds until a crumbly consistency is reached.
- Pulse in the cacao powder and shredded coconut, before pressing into the bottom of an 8x8 inch square pan.
- To make the second layer of the bars, process cashews into a fine powder in your food processor or high speed blender.
- Add in coconut oil, honey, vanilla, and water as needed-it should be thick and creamy.
- Spread this mixture over the bottom layer, and place in fridge to set while you make the chocolate.
- You want the chocolate to be in its liquid form, so make it inside of a bowl which is sitting inside another bowl of warm water.
- Remove the pan from the fridge, and pour chocolate evenly over the surface of your bars.
- Put back in fridge to harden for about 5 to 10 minutes, before cutting into 18 even pieces.
- Will keep in fridge for up to a week.