

Coconut-Almond Bars

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-almond-bars-recipe>

Ingredients:

- 1 1/2 cups almond flour or meal
- 1 1/2 cups shredded coconut finely
- 1/2 cup granulated sugar
- 3/4 cup unsalted butter melted
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1 cup raw almonds whole
- 14 ounces sweetened condensed milk
- 1 1/2 cups flaked coconut
- 1 1/2 cups dark chocolate chips
- fleur de sel to taste

Nutrition:

1. Calories: 1790 calories
2. Carbohydrate: 166 grams
3. Cholesterol: 130 milligrams
4. Fat: 118 grams
5. Fiber: 19 grams
6. Protein: 29 grams
7. SaturatedFat: 58 grams
8. Sodium: 820 milligrams
9. Sugar: 134 grams

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