

Manuka Honey Lemon Bars

The following recipe was provided courtesy of our friends at [Wedderspoon](#).

Total Time: 45 minutes

Yields 16 bars

Ingredients

For the Crust

- 3/4 cup raw cashew
- 3/4 cup walnuts
- 12 dates, soaked
- 1 Tbsp. filtered water
- 1 1/2 Tbsp. hemp seeds
- A pinch of sea salt

For the Lemon Topping

- 3 bananas
- 1/3 cup, plus 2 Tbsp. Wedderspoon Manuka Honey
- 3/4 cup coconut oil, melted
- 4 lemons, juiced
- 1/3 cup unsweetened shredded coconut
- 1 tsp. turmeric
- 3 scoops collagen peptides; omit if vegan



Instructions

1. In a food processor, combine and pulse together nuts and dates. Do this for about one minute, until well combined.
2. Add water, hemp seeds and salt; pulse again until everything forms a paste-like texture. You should be able to take your fingers and press the mixture against the side of the processor, as it will hold together and resemble a crust.
3. Transfer mixture to a parchment-lined pan (7x7 or 8x8) and press it down onto the bottom and slightly up the edges.
4. Rinse and dry the food processor.
5. Pulse together the lemon topping ingredients. This mixture should turn into a milkshake-like texture.
6. Pour mixture over the crust and top with powder coconut flakes if you'd like.
7. Cover the dish with plastic wrap and let it set in the freezer for 24 hours.
8. When you are ready to eat the lemon bars, cut into squares with a knife after running the knife under hot water.
9. Store in freezer.