

# **MOUNDS BARS**

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## **INGREDIENTS**

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1/2 cup unsweetened shredded  
coconut

2 tbsp coconut oil

1 tbsp honey

1/2 cup Lilly's chocolate chips

1/4 tsp vanilla

1 tbsp water

pinch of sea salt

## **PROCEDURE**

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In medium bowl, combine shredded coconut, coconut oil, honey, water, vanilla and sea salt and mix well. Allow mixture to rest for 5-10 minutes, so that the dried coconut will absorb the moisture.

Use a tablespoon or cookie scoop, drop the coconut mixture onto a plate lined with parchment paper, creating bit size mounds. They will be fragile but will firm up soon.

Place plate in the freezer for 15-20 minutes, to allow the coconut mounds to firm up.

Melt chocolate chips and some coconut oil and pour over the coconut mounds. Place back in freezer until serving.