

Lemon Pecan-Oat Bars

Swick

Serves 6 to 10 | Active Time: 30 minutes | Total Time:

- 1 cup pecan halves
- 1 cup oats (or oat flour)
- 1 cup almond flour (or use more pecans and oats)
- 3 tbsp coconut oil
- 1 tsp fleur de sel (or other quality salt)

To make the crust, first pulse the oats until you reach a rough flour-like consistency. Next, add the pecans and pulse until you reach a rough sand-like consistency. Lastly, add the almond flour, coconut oil, salt, and pulse a few times to combine the ingredients.

Next, evenly press the crust into a parchment-lined baking dish, loaf pan, or deep tray — we used an 8×8" inch pan.

Place the crust into the refrigerator while you make the filling.

- 2 cups raw cashews, soaked and drained
- 2 cups full-fat coconut cream*
- 1 cup lemon juice* (approx. 6 to 8 lemons)
- 1/2 cup cane sugar
- 1 tbsp cornstarch
- 1/4 tsp sea salt, such as fleur de sel
- 2 to 3 tbsp lemon zest (zest of approx. 2 to 3 lemons)*

To make the filling, using a high-speed blender, blend the cashews, coconut cream, lemon juice, and cane sugar until completely smooth. At this point, leave the blender running for a couple of minutes. You want the mixture to get very hot, almost like it is boiling as this is what will cause the cornstarch to thicken when you add it.

*Note: For the coconut cream, just scoop off the solid cream from the top of the coconut milk and use the liquid for something else. For the lemons, be sure to zest them first before juicing them.

Once the mixture is good and hot, add the cornstarch and blend for 30 seconds or so.

Next, add the salt and lemon zest and pulse a few times just to gently combine the ingredients. For a super smooth mixture, add these ingredients at the beginning.

Lastly, pour the mixture into the prepared pan with the crust and refrigerate for at least 60 minutes, or until it has fully set. Alternatively, it can be frozen. Freezing does make it easier to get a nice clean cut when it comes time to serve the dessert.

If desired, top with vegan whipped cream, candied lemon slices, and/or a bit more lemon zest.