

Pecan Pie Squares

16 SERVINGS 35 MINUTES



INGREDIENTS

- 2 cups Pitted Dates (divided)
- 1 1/2 cups Cashews (soaked for 1 hour and drained)
- 1 cup Unsweetened Coconut Flakes
- 3/4 cup Water
- 2 cups Pecans

NUTRITION

AMOUNT PER SERVING

Calories	245	Carbs	21g
Fat	18g	Protein	4g

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
- 03 Line a square baking dish with parchment paper. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
- 04 Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick goey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
- 05 Place in the oven and bake for 20 minutes.
- 06 Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!