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Bao Bomb Bars (S)

Bomb your mouth with an explosion of lemony, apricoty, mapley and coconuty flavor! Thanks to THM Natural Bursts, those flavors all join the party in one bombastic protein bar. Baobab stars with collagen and whey to boost your immune system, flood your body with antioxidants, give you energy, support your iron levels, up your vitamin C, supply you with a balanced amino acid protein source and to beautify your skin and hair.

Serving Size: Makes 5 or 6 bars or lots of balls

INGREDIENTS:

DRY INGREDIENTS:

- 1 cup unsweetened Coconut Flakes
- 1/4 cup plus 1 Tablespoon THM Baobab Boost Powder
- 1/4 cup plus 1 Tablespoon THM Integral Collagen
- 1/4 cup unflavored THM Pristine Whey Protein Powder
- 1/3 cup THM Baking Blend (if you don't have that, 3 Tablespoons each of coconut flour and almond flour works)
- 2 & 1/2 to 3 Tablespoons THM Gentle Sweet
- 1/8 teaspoon Mineral Salt

WET INGREDIENTS:

- 2 & 1/2 Tablespoons Lemon Juice (fresh is preferred but bottled is okay)
- 1 Tablespoon Water
- 2 & 1/2 Tablespoons Extra Virgin Coconut Oil
- 1/2 teaspoon THM Apricot Natural Burst extract
- 3/4 teaspoon THM Maple Natural Burst extract

(Continued... Instructions & Recipe Notes)

(Bao Bomb Bars, Continued...)

INSTRUCTIONS:

1. In a food processor whizz the dried coconut first into the finest flour consistency the food processor can form.
2. Add all other dry ingredients and whizz to combine.
3. Add wet ingredients and process until a ball forms. This can take several minutes. You might need to turn the machine off and rearrange the ingredients around the blade and down the sides of the container a few times. It may help to use the pulse button at first until everything is whizzing nicely and not stopping due to mixture going up the sides of the processor too much. You'll know the ball is soon to form when the mixture starts to clump and make louder noises. Really, be patient with this.
4. For bars, take mixture out, form into a rectangle shape then cut into bar sizes. For balls simply take pieces of mixture out of processor and roll.

RECIPE NOTES:

If you prefer slightly less of a tart, lemony flavor, use just 2 Tablespoons of lemon juice instead of 2 & 1/2 and 1 & 1/2 Tablespoons water instead of just 1. But if you prefer way out lemon taste... go all 3 & 1/2 Tablespoons lemon, baby! The ratio of lemon juice and water is up to you... just make sure you get 3 & 1/2 Tablespoons of liquid total.

Note 1: Storage - Keep bars or balls in the fridge for a week if you want. If you'd prefer to double the recipe you can keep some in the freezer for extended storage. Throw bars or balls into zippies to take in your purse to enjoy when you are out and about. They'll keep in your purse for a few days.

Note 2: Processing Issues? Depending upon your food processor, it may be that the mixture won't form a ball for you after several minutes. If that happens just process until you can squish the mixture together and form a bar worthy consistency, if so... pop it in a ziplock and squish it all

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(*Bao Bomb Bars*, Continued...)

together then form. Also, if it looks like the coconut oil is slipping out of the bars when forming then don't worry, it will go back in when you put the bars in the refrigerator.

Note 3: If you prefer a more tart lemony, flavor, use all lemon juice in place of the water.



The *Bao Bomb Bars* recipe and other delicious THM recipes can be found at
www.TrimHealthyMembership.com