



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
Fat	18g
Carbs	21g
Fiber	4g
Sugar	13g
Protein	4g
Selenium	3µg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 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.
- 3 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.
- 4 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 gooey 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.
- 5 Place in the oven and bake for 20 minutes.
- 6 Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!

Notes

Leftovers: Store in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is one square. An 8 x 8-inch baking dish was used for 16 servings.