

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Healthier No Bake Cookie Bars

[Adapted from www.sweetannas.com/]

Ingredients:

- 1C creamy peanut butter
- 2/3 Raw Honey
- 1/3C unrefined virgin coconut oil
- 1 ¼C Chocolate chips
- 1 tsp pure vanilla extract
- 1C flaked coconut

Directions:

- Line a 9x13 pan with foil or parchment and grease generously.
- In a medium saucepan, melt the peanut butter, honey and coconut oil over medium heat, stirring occasionally.
- Stir in the chocolate chips until melted and then remove from the heat and stir in the vanilla, oats and coconut.
- Spread the mixture evenly into the prepared pan, cover and chill in the fridge until set, at least one hour. Cut.
- These bars do get soft fairly quickly at room temperature, so store in refrigerator or freezer.