

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.

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## **No Bake Energy Bars**

Revised version 2014

### **Ingredients:**

- 2 cups gluten free oats
- 1 1/3 cup shredded coconut
- 1 cup peanut butter or almond butter
- 1 cup Spectrum Decadent Blend – Chia/Flax w/Coconut & Cocoa
- 1 cup mini dark chocolate chips
- 1/3 cup honey
- 1/3 cup unrefined, coconut oil, melted
- 2 tsp vanilla

### **Directions:**

- Mix all ingredients together in a bowl.
- Press into a 9x13 pan.
- Let chill in fridge for a couple hours.
- Once chilled cut into bite size squares.
- Store in air-tight container in fridge.