



# Almond Butter

## GRANOLA BARS

### Ingredients:



### Directions:

- 1/2 cup almond butter
- 1/3 cup honey
- 1/4 cup coconut oil
- 1 1/2 cup oats
- 1/4 cup chopped walnuts
- 1/4 cup 60% dark chocolate chips

### Nutrition:

- 259 calories
- 17 g fat
- 5 g protein
- 24 g carbohydrate
- 3 g fiber

- Melt almond butter, honey, & coconut oil in the microwave. Stir well.
- Add oats and stir until coated.
- Line an 8x8 pan with aluminum foil, spray with cooking oil, & spread mixture into pan.
- Top with walnuts and chocolate chips. Place in the freezer for 10-15 minutes until well set.
- Peel off foil and cut into 10 bars. Store bars in the fridge.