

Recipe posted on gingerfriesen.com, January 2017

No-Bake Chocolate Almond Oat Bars

Let's just call them "no-bake bars" for short.

Ingredients:

- 1/4 cup melted coconut oil
- 1/4 cup almond butter (I buy mine at Costco.)
- 6 Tbsp local honey (The original recipe called for 1/2 cup honey, but I found this amount to be too sweet.)
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1/2 cup chopped almonds
- 1/2 cup chopped walnuts
- 6 T dark mini chocolate chips (See notes below.)
- 1/4 cup raw sunflower seeds
- 1/4 cup raw pumpkin seeds
- 1 cup rolled oats (These can be quick-cooking or old-fashioned.)

Instructions:

1. Mix almonds, walnuts, chocolate chips, sunflower seeds, pumpkin seeds, and oats in a large bowl.
2. Heat coconut oil, almond butter, honey, salt, cinnamon, and vanilla extract in a small saucepan over low to medium heat, stirring often to break up clumps of almond butter if needed.
3. Once wet ingredients are thoroughly melted and smooth, pour over dry ingredients and mix well (the chocolate chips will melt and mix into everything.)
4. Press into a greased 8" x 8" pan and refrigerate until hardened. Cut into whatever size bars you like.

Notes:

*I buy Enjoy Life non-dairy mini chips from Vitacost. The original recipe called for 1/2 cup of chocolate chips, but just as with the honey, I found that amount to be too sweet.

*I store jars of chopped almonds and walnuts in my refrigerator to make things go more quickly when I make these bars. I buy big bags of the nuts at Costco and grind them in my food processor and store them in jars.

*As I mentioned in yesterday's post, I don't like the taste of coconut anything. I buy the Expeller Pressed Coconut Oil (which is a neutral-tasting oil) from

Recipe posted on gingerfriesen.com, January 2017

Wilderness Family Naturals, in the 5-gallon bucket size. My last bucket lasted a whole year. This is also the oil I use in my coffee.

*Be sure to store the bars in the fridge, and keep them there unless you are eating them right away. If left out for very long, they start to melt and become gooey/messy. Due to this, they are not the best option for packing in kids' lunches or for snacks to take to church, but they are great for at-home eating.