

honey flax energy bites

Makes 30

- 2 cups rolled oats
- 1 cup natural peanut butter
- ½ cup raw honey
- 1 cup ground flaxseeds
- 1 teaspoon vanilla extract
- 1 tablespoon virgin coconut oil

Optional add-ins:

- dark chocolate chips
- organic shredded coconut
- cacao nibs

Mix all ingredients together.

Coat hands with virgin coconut oil and form batter into small balls.

Store in refrigerator for 1 hour before serving. Freezes well.

 So amazingly delicious you may even reintroduce this recipe as a healthy dessert.



apricot almond coconut bars

Makes 8 (4-inch) bars

In a food processor, add apricots and blend until puréed.

Add in almond butter, rolled oats, coconut, and vanilla extract.

Blend until mixture forms a thick paste.

Place mixture in a small, square cake pan. Press to mold into pan.

Freeze for 20 minutes and cut into small bars.

Bars can be stored in the refrigerator for 1-2 weeks or in the freezer for up to 3 months.

- 1 12-ounce bag dried apricots
- ¾ cup almond butter
- ½ cup rolled oats
- 1 cup toasted raw coconut
- 1 tablespoon vanilla extract



This is a great alternative to the highly processed food bars found in most grocery stores.