SPICED ALMOND COCONUT BARS

Prep Time: 30 minutes
Directions:

1. In a food processor or blender, grind your oats and seeds together.
2. In a mixing bowl, mix everything minus your blender items until smooth.
3. Stir in the ground oats and seeds until a thick batter forms.
4. Press the mixture into a glass dish lined with parchment paper.
5. Place in the refrigerator until the bars are set (somewhat hard to the touch).

Cut and serve!

Ingredients:

- ½ c. raw almond butter
- 3 T. coconut oil, melted
- 2 T. maple syrup
- ¼ t. + ⅛ t. sea salt
- 1½ c. oats, ground

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- 2 t. each hemp seeds, flax seeds and chia seeds, ground
- 1 t. vanilla
- handful of raisins
- 1 t. cinnamon
- 1 t. cardamom
- 1 t. ground ginger
- 2 T. almond milk

My daughter Sophia wanted to try making a reel in the kitchen, so we decided to whip up our favorite no-bake treats! I've been making these since my son, now 15, was a toddler. With just 5 steps, they're super easy, made with simple, clean ingredients, and perfect for an after-school or post-sports snack. The best part? You can get creative and add your own twist with your favorite ingredients! And for the littles or the littles at heart, you can easily use a cookie cutter to create your favorite shapes!

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