

VITAMIN

Vital health information in a minute

ALMOND BUTTER PROTEIN BARS

A perfect snack for on-the-go and for those busy days! Try out this delicious protein bar.

Ingredients:

- 1 cup almond butter
- ¼ cup honey
- ½ cup coconut flour (may need to add a little more depending on firmness of almond butter)
- ½ cup coconut sugar
- 1 cup chocolate chips
- Optional: white chocolate for garnish

Directions:

Line an 8-inch baking pan with parchment paper. Combine almond butter, honey, coconut flour and coconut sugar. Mix well. Spread evenly into baking pan and put aside.

In a double boiler, melt chocolate. Pour and spread chocolate over almond butter mixture. Drizzle with melted white chocolate (optional) and freeze for 1 hour until solid. Cut bars to desired size. Keep refrigerated until serving.



[Click here](#) to watch a video of this recipe being made.

Together, all the way.®



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