

ESPRESSO BARS

INGREDIENTS

- 1 T Coconut oil
- 2 C Almonds (chopped) **OR** Pecans (chopped)
- 2/3 C Coconut (shredded) (unsweetened)
- 1 1/4 C Oatmeal (quick type)
- 1 1/2 C Rice cereal (unsweetened) (crisp)
- 1 C Honey
- 1/4 C Sugar substitute
- 1/2 t Sea Salt
- 2 T Espresso beans
- 1 1/4 t Vanilla

DIRECTIONS

- 1 Pre-heat oven to 350 F & spray a cookie sheet with short sides with the coconut oil
- 2 Place the nuts with the coconut on the baking sheet & toast for about 5 minutes
- 3 In a large bowl mix the toasted ingredients with the oats & the crisp rice cereal
- 4 Combine the remaining ingredients in a saucepan & heat at medium until the mix boils
- 5 Pour the liquid over the dry mixture & stir until all ingredients are evenly coated
- 6 Spread the mixture into the prepped pan & cook for 20-25 minutes
- 7 Let cool then cut into bars & refrigerate



