




Ashley's Meal Prep Monday!

No Bake Peanut Butter and Chocolate Cake Bars



INGREDIENTS

1 cup peanut butter -
or nut/seed butter of
choice

1 cup GF oat flour or
almond flour

1/4 cup maple syrup

1 cup DF chocolate
chips

1 TBSP coconut oil

Cover an 8x8 inch square pan with parchment paper and set aside. In a small sauce pan, on low heat, mix peanut butter and maple syrup until combined - about 3 minutes. Remove from heat, add oat/almond flour and stir until well combined. It will be thick.

Transfer the mix to the pan and press into it to spread evenly with a spatula. Wipe the sauce pan clean, then heat the chocolate chips and coconut oil on low heat, stirring frequently until melted. Remove from heat, then pour evenly over bar mixture - rock pan side to side. Refrigerate 2-3 hours, or overnight.

Remove from fridge and let bars rest at room temp for about 10 minutes before cutting - if they're cold, the chocolate may crack a bit when cutting. Store in the fridge or freezer.

Recipe: www.healthygffamily.com



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