

Heavenly Hank Bars

Ingredients:

- 1 ½ cups quick oats
- 1 ½ cups oat flour
- ¾ cup coconut flakes
- 2 tbsp coconut or brown sugar
- ⅔ cup pure maple syrup
- ½ cup coconut oil
- ½ cup cashew butter
- ¾ cup mini chocolate chips

Directions

1. Line a square baking pan with parchment paper and set aside.
2. Combine all wet and dry ingredients except chocolate chips to a large bowl and mix well (can use a mixer and flat beater if desired)
3. Fold in chocolate chips using a rubber spatula.
4. Add mixture to the prepared bread loaf pan and press down firmly.
5. Put in the refrigerator to set for about an hour, or the freezer for 20–30 minutes.
6. Cut into bite size squares and store in the fridge for up to 5–7 days.

MADE WITH LOVE

by Teresa Forchard