

All Day Energy Bars

Prep: 20 min Cook: 0 min Total: 4 hr Servings: 12

Calories: 519 Fat: 30g Protein: 10g Carbs: 57g Fiber: 0g

Ingredients

- 2 3/4 cups chopped almonds
- 1 cup BBF organic agave
- 2/3 cup BBF organic naturally refined coconut oil
- 2 tsp vanilla
- 1 tsp salt
- 4 cups rolled oats
- 1/2 Cup unsweetened coconut
- 1/2 cup BBF organic coconut flour
- 1/2 cup dried fruit of your choice chopped
- 1/4 cup BBF organic chia seeds
- 3/4 oz dark chocolate, melted

Directions

1. Line 9 x 9-inch pan with wax paper.
2. In a high-speed blender or food processor, combine 2 cups raw almonds, agave, melted coconut oil, vanilla, and salt. Blend until smooth.
3. In a separate bowl, combine oats, coconut flour, half of remaining chopped almonds, apricots or dried fruit and chia seeds. Stir agave mixture into dry ingredients. Reserve leftover almonds shredded coconut and chocolate for the topping.
4. Spread mixture into pan. Cover top with wax paper and press evenly to compact; remove wax paper. Spread melted chocolate evenly over top of bars and sprinkle with shredded coconut and remaining chopped almonds. Let set at room temperature overnight uncovered.
5. Enjoy your All Day Energy Bars!