

The Natural Healing Center



4250 Veterans Hwy. Suite 104E | Holbrook, NY 11741 | 631.563.6503 | TheNaturalHealingCenter.net

Best Ever Chocolate Oatmeal No-Bake Bars

Ingredients:

- 1 cup peanut butter
- 1 cup honey
- ½ cup coconut oil (you could also substitute butter)
- 2 cups gluten free old fashioned oats
- 1 cup shredded coconut
- ½ cup chopped nuts, raisins, or dried cranberries
- 1 ¼ cups dark chocolate, semi-sweet or carob unsweetened chips
- 1 tsp vanilla extract

Directions:

Melt the peanut butter, honey, and coconut oil over medium-low heat in a saucepan on the stove. (Watch this closely so it doesn't burn!)

Remove from heat once it's melted together and add in the oats, shredded coconut, chocolate chips, nuts/raisins, and vanilla. Stir together until the chocolate is completely melted.

Pour into a greased 9×13 pan and cool in the fridge. If you'd like thicker bars, you can pour the mixture into a smaller pan.

When the mixture is hardened (about an hour), cut into bars and eat.

Store in the refrigerator or freezer.