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Paleo “Candy” Bars

Makes 4 bars

Ingredients:

- 3 tbsp unrefined coconut oil
- 1 tbsp raw honey
- ½ cup roughly ground raw nuts and/or seeds (such as: almonds, walnuts, pecans, pumpkin seeds, sunflower seeds, hemp seeds)
- ¾ cup unsweetened shredded coconut
- ¼ tsp sea salt
- ¼ cup carob or unsweetened cocoa powder (optional)

PREPARATION:

1. Melt honey and coconut oil in sauce pan over low heat. Remove from heat as soon as coconut oil is completely melted.
2. Add remaining ingredients and combine.
3. Pour mixture onto a small baking sheet covered with parchment paper. Once cool enough to touch, form into a square or shape of choice.
4. Freeze or refrigerate until hard. Cut into 4 servings.