

Pumpkin Seed & Almond Butter Nourishing Oat Bars

Ingredients:

1/2 cup Almond Butter

1/4 cup Tahini

1/2 cup + 3 tbsp Maple Syrup

3 cup Slow Cooking Oats

1 tbsp Orange Zest (1-2 Oranges)

1 tsp Vanilla

1/4 cup + 1 tbsp Coconut Oil

1/3 cup Cacao Powder

1/2 cup Pumpkin Seeds

Prep Time:

20 Minutes

Cook Time:

This is no bake recipe

Total Time:

20 Minutes



Directions:

1. Combine almond butter, tahini, pumpkin seeds and 1/2 cup maple syrup. Mix together in a high speed mixer.
2. Add slow cooking oats.
3. Line 8 X 8 baking pan with parchment paper and press 3/4 of the oatmeal mixture into the pan. Place in the fridge.
4. Melt coconut oil, add vanilla, remaining maple syrup, orange zest and cacao.
5. Pour half the cacao mixture over the oats mixture in the pan.
6. Sprinkle remaining oatmeal mixture on top.
7. Drizzle the remaining cacao mixture over the last layer of oats.
8. Place in freezer for 30 minutes. Then cut into bar sizes and enjoy.
9. These are best stored in the fridge or freezer.