



Chocolate Coconut Bars

2 cups unsweetened coconut
1 cup freshly rolled oats
½ cup freshly ground flax
2/3 cup honey
1/3 cup raw Cacao Powder
Coconut oil



Lightly grease a 9 x 13 pan with coconut oil.

In a large pot on the stovetop gently heat 1 tbsp of coconut oil with honey. Add cacao powder and blend until smooth and creamy. Remove from heat and stir in coconut, oats and flax until blended.

Place evenly in oiled dish, pressing down with spatula to flatten. Place in fridge to cool.

