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## **Energy Bars...My Favorite!**

- 1 cup shredded coconut
  - 3 cups of your favorite nuts/seeds (raw, unsalted, if possible)  
*(my favorite combo is 2 cups sliced almonds, 1 cup chopped pecans)*
  - ½ tsp Himalayan salt
  - ½ cup almond butter (or cashew butter)
  - 3 Tbsp. coconut oil
  - ½ cup pure maple syrup (or honey)
  - 2 tsp. vanilla
  - ½ cup dark chocolate chips or cacao nibs
1. In large bowl combine coconut, nuts/seeds, and salt.
  2. In small sauce-pan on stove, melt almond butter and coconut oil over med-low heat.
  3. Stir in syrup and vanilla.
  4. Stir almond butter mixture into nut mixture.
  5. Press mixture into an 8x8 parchment-lined pan.
  6. Sprinkle choc chips on top (you can stir them into mixture if you let the mixture cool for a few minutes first)

Cut them apart and store in fridge.

*This is another one of those recipes that I like to make a double batch of and then freeze extras.*

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