

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Raw Almond Butter Nut Bars

2 cups rolled oats
½ cup pecans
½ cup shaved coconut
1 ¾ cup Medjool dates, soaked in water for an hour and drained
¼ cup raw almond butter
1 tbsp maple syrup

2/3 cup raw almond butter
¾ cup Medjool dates, soaked in water for an hour
2/3 cup unsweetened nut milk

Place the first 6 ingredients into a food processor and puree until all ingredients are combined. Press the mixture into a pan big/small enough to cover the bottom about ½ cm thick.

Without washing the food processor, mix the remaining ingredients. Process until smooth and pour over the base. Place in the freezer for a few hours or until set. Cut into desired portions and return to the freezer.

Makes 9 to 12 servings.



Recipe courtesy of Chef Collin Goodine
Photograph courtesy of www.BeamngBaker.com
www.chefgoodine.com
Episode 27: Chef Collin Goodine, The Healthy Chef

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!