

Power Breakfast Bars



3 T. butter, coconut oil, ghee, or duck fat, melted
3/8 c. shredded coconut
3/8 c. raw sunflower seeds
1 t. chia seeds soaked in 3 T. water
3/8 c. maple sugar
3/8 c. white chocolate chips
3/8 c. white rice flour
1/8 c. tapioca starch
1 egg
3/8 c. oats
3/8 c. raisins, dried cherries, or dried cranberries
3/8 c. hemp hearts
1 t. vanilla
1/2 t. sea salt

Preheat oven to 350 degrees F. Prepare an 8x8 inch pan by lining it with baking paper. Combine all ingredients in a bowl and stir until incorporated. Spread batter in prepared pan. Bake for 20 minutes. Cut into 16 bars. Store refrigerated for up to a week.

©2021 Betsy Leighton / dairyfreegaps.wordpress.com