

Chocolate Top Nut Butter Honey Oat Bars *(sweetened only with honey!)*

I make these bars regularly because they are so addictive. Sometimes I share them with my family. Sometimes I don't! I should probably get some counseling about this.

Enjoy!

Ingredients

Coconut oil to grease dish

1 1/4 cup natural, unsweetened creamy peanut or almond butter

1/3 cup honey

1/4 tsp salt

3 cups old-fashioned oats

1/2 cup chopped nuts (optional)

10 ounces (1 bag) bittersweet chocolate chips

Directions

- 1 Lightly coat a 9" square baking dish with coconut oil. (Glass works well.
- 2 Put nut butter, honey, and salt into a nonstick pan. Over medium low heat, stir to combine until well blended and warmed through.
- 3 Remove from heat and stir in oats and the optional chopped nuts.
- 4 Transfer mixture to the oiled dish and press firmly with fingers to form an even layer.
- 5 Gently melt chocolate in nonstick pan over very low heat.
- 6 Pour chocolate over oat mixture in pan, spread evenly with a spatula.
- 7 Optional: Lightly sprinkle coarse salt on top of chocolate layer.
- 8 Let cool until chocolate hardens and cut into squares
- 9 Leave unrefrigerated in airtight container.