

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Nut Butter Bars

1 tsp baking powder

1 tsp baking soda

½ cup spelt or whole wheat flour (Sorghum flour works well to make it gluten-free.)

¾ cup sucanat (unrefined cane Sugar)

¼ cup applesauce

1 cup nut butter (Try almond, cashew, or even Sunflower seed butter as alternatives to peanut butter.)

1 Tbs coconut oil or butter, melted

½ cup chocolate chips (The darker the chocolate, the better.)

1. Preheat the oven to 350° F. Grease an 8x8 pan and set aside.
2. In a Small bowl, whisk together the baking powder, Soda and flour. Set aside.
3. In a bowl, whisk together the Sucanat and applesauce and allow the Sucanat to dissolve. Mix in the nut butter and oil until smooth, then mix in the flour mixture. Stir in the chocolate chips. Pour into the pan and smooth the top.
4. Bake for 35-45 minutes or until done to your liking.