

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## No-Bake Sticky Apple Bars

From "OMG That's Paleo" by Juli Bauer

These were really good! They can get a little soft and will melt if they are not in the fridge or freezer.  
Be sure to store them in a cold place before serving.

Serves 4-6

### For the Crust:

12 medjool dates, pits removed

1 cup almond butter

¼ cup raw honey

¼ cup unsweetened shredded coconut

½ cup coconut butter (You can find this at Whole Foods or online at [www.tropicaltraditions.com](http://www.tropicaltraditions.com))

1 tsp cinnamon

Pinch of salt

### For the toppings:

3 apples, cored and thinly sliced

3 Tbsp coconut oil

½ cup walnuts, roughly chopped

¼ cup raw honey

2 Tbsp coconut butter

Pinch of cinnamon

Pinch of salt

1. Make the crust. Add all ingredients for the crust to a food processor (you may need to heat up the coconut butter to melt it down a bit).
2. Put crust ingredients in an 8x8 or 9x9 glass baking dish, press down until evenly distributed.
3. Heat up a large skillet over medium heat. Add the coconut oil then the sliced apples.
4. Once the apples begin to soften, add the walnuts. Be sure to continuously stir so the apples and walnuts do not burn.
5. Once the apples are wilted, add the honey and coconut butter along with the cinnamon and salt.
6. When all ingredients are incorporated, pour mixture on top of crust and press flat. Put in the fridge to harden for 30-45 minutes.
7. Cut into squares and serve!