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RE CTIN

- 1 Put at and
  2. Place almond
  3. Add  
forms a thick paste (this takes 4-5 pulses)
  4. Dump the contents of the blender
  5. Using your hands  
ad
  6. At this point you can either split the mixture into 1  
and
- cinnamon into blend  
 chopped into the blend  
 (still in chunks) or an  
 apitas and  
 er into the bowl with the at  
 mix the at s into the paste until it combined  
 g more at s.  
 take a piece of foil or wax paper  
 the mixture into a pan

N The nice thing about these bars is that you can use different nuts,

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Calories: 1 43, Total Fat: 5g, Vitamins: unaltered

Recipe adapted from