

# No Bake Banana Bread Bars

This treat can be used for a snack, dessert or to pack in a lunch. You don't have to bake these treats and they don't use many ingredients.



## Sample Recipe

	Recipe serves	Prepared for
	6	12

Ingredient	Amount	Scaled amount
Coconut Flour	1/2 cup	1 cup
Banana, mashed	2 ----	4 ----
Cashew Butter	1/2 cup	1 cup
Vanilla	1 tsp	1/24 cup
100% Chocolate Bar	1 ----	2 ----

## Instructions

1. In a mixing bowl, combine the coconut flour, banana and vanilla and mix well- it may be very crumbly.
2. In a microwave safe bowl or stovetop, melt your nut butter and pour into the dry mixture. Mix until fully incorporated and a thick batter is formed. Add chopped chocolate bar, if desired.
3. Transfer batter to a lined container or small baking tray and refrigerate for 10-20 minutes, until firm. It can also be frozen briefly. Best if refrigerated or frozen.



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