

Chocolate Coconut Energy Crunch Bars

8 SERVINGS 2 HOURS



INGREDIENTS

1 cup Rice Puffs Cereal
1 cup Unsweetened Shredded Coconut
2 tbsps Coconut Oil
1/4 cup All Natural Peanut Butter
2 tbsps Chia Seeds
1/2 tsp Vanilla Extract
1/4 cup Dark Chocolate Chips

DIRECTIONS

- 01 Blend the rice puffs cereal and shredded coconut in a food processor until coarsely ground. Add the coconut oil, peanut butter, chia seeds, vanilla extract and chocolate chips and blend for another minute.
- 02 Line a container with parchment paper. Transfer the mixture and firmly press into an even layer. (Tip: Wet your hands or a spatula to prevent sticking.)
- 03 Freeze for at least two hours. Cut into bars and keep frozen until ready to eat. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	213	Carbs	11g
Fat	18g	Protein	4g