



## Oatmeal Raisin Bars

### Ingredients:

- 3 tbsp coconut oil
- ½ cup peanut butter
- ⅓ cup honey
- 1 ½ tsp vanilla
- 1 ½ tsp cinnamon
- ¼ tsp salt

- 2 ¼ cup rolled oats
- ⅓ cup coconut flour
- 2 tbsp flax seeds
- ¾ cup raisins

Makes: 9 bars

Cals: 260

Fat: 14g

Carb: 36g

Pro: 7g

### Directions:

1. Preheat oven to 350
2. Line tin with parchment paper and grease
3. In a bowl, mix melted coconut oil, peanut butter, sweetener, vanilla, salt, and cinnamon until smooth and combined
4. Fold in the oats, flour and flax with a spatula
5. Fold in the raisins
6. Transfer mix into tin and flatten the top
7. Bake for 15 minutes

