



#### Ingredients:

- ½ cup coconut oil
- ⅓ cup honey
- 3 tbsp sugar
- 1 tbsp vanilla
- ¼ apple sauce
- 1 ½ tsp cinnamon
- ½ tsp salt
- 1 ¾ cup oats
- 1 servings of pecans
- ½ shredded coconut
- ¼ cup toasted uncooked quinoa

- ½ dried apples

#### Directions:

1. Preheat oven to 350
2. Line pan with parchment paper and grease
3. In a pot, heat coconut oil and sugar until boiled
4. Lower to simmer and until thick
5. Remove from heat and add apple sauce, vanilla and salt
6. Add the oats with a spatula
7. Mix in pecans, quinoa, coconut and then dried apples
8. Transfer into a pan
9. Flatten tops with a spatula
10. Bake for 15 minutes and let cool

Makes: 9 bars

Cals: 342

Fat: 20g

Carb: 39g

Pro: 3g

