

Food Babe's Halloween Bark



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	8

<https://foodbabe.com/how-to-make-a-healthy-halloween-dinner-dessert>

Ingredients:

- 1 cup almond butter (nut allergy - use sunflower seed butter)
- 3 tablespoons coconut oil
- 1 teaspoon vanilla extract
- ½ teaspoon sea salt
- 1 ½ tablespoons maple syrup - grade B
- ¼ cup sunspire sun drops chocolate pieces

Instructions:

1. Combine almond butter, coconut oil, salt, vanilla, and maple syrup and stir well
2. Place mixture in a 8x8 pan or small dish lined with parchment paper.
3. Top with chocolate pieces
4. Place in freezer for at least 3 hours.
5. Cut into small bite square sized pieces and enjoy!

Notes:

- Please choose all organic ingredients if possible