

# Almond coconut bars (gluten-free)

by Love & Lemons

<http://www.loveandlemons.com/2013/05/15/gluten-free-almond-coconut-bars/>



**Time to make**

30 min

**Makes 9 bars**

## Ingredients

- 1 cup chopped almonds
- ½ cup coconut flakes
- ¼ cup almond butter
- ¼ cup honey (or substitute agave syrup)
- ¼ cup chocolate chips (optional)

## Recipe

- 1 Preheat the oven to 400°F. Prepare a 6x-inch pan (or equivalent size), with parchment paper.
- 2 In a medium bowl, combine the ingredients together.
- 3 Spread the mixture in the pan. Using another piece of parchment paper, flatten the mixture to evenly distribute it in the pan.
- 4 Bake for 15–20 minutes (check them around 12 minutes). Remove from the oven and let cool for 20 minutes before slicing.
- 5 Munch this for breakfast, instead of the Halloween candy. Feel your life extending by at least 10 minutes.

