



## Super Simple Peanut Butter Oat Bars

9 servings

40 minutes

### Ingredients

- 1 cup All Natural Peanut Butter (smooth, runny)
- 2/3 cup Maple Syrup
- 2 tsps Vanilla Extract
- 3 cups Oats

### Nutrition

Amount per serving	
Calories	338
Fat	16g
Carbs	41g
Fiber	4g
Protein	10g
Calcium	52mg

### Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking pan with parchment paper.
- 2 In a small saucepan over low heat, combine the peanut butter, maple syrup, and vanilla. Continuously stir until melted and well combined.
- 3 Add the oats to a large bowl. Pour the melted peanut butter mixture over the oats and stir well until the oats are fully coated.
- 4 Add the oat mixture into the baking pan and use your hands to spread it out and press down into an even layer.
- 5 Bake for 15 minutes. Remove from the oven and let cool for 10 to 15 minutes before cutting into squares. Enjoy!

### Notes

**Leftovers:** Store in an airtight container on the counter for up to three days. Freeze in and airtight container for up to one month.

**Serving Size:** One serving is equal to one square piece. An 8 x 8-inch (20 x 20-cm) baking dish was used to make nine servings.

**No Peanut Butter:** Use almond or cashew butter.

**More Flavor:** Add chocolate chips.



## Tahini & Pistachio Date Bark

9 servings  
1 hour 15 minutes

### Ingredients

- 2 1/2 cups Pitted Dates
- 1/2 cup Tahini
- 3 tbsps Pistachios (chopped)
- 1/2 cup Dark Chocolate Chips
- 1/2 tsp Coconut Oil
- 1/4 tsp Sea Salt (flaky)

### Nutrition

Amount per serving	
Calories	291
Fat	13g
Carbs	41g
Fiber	5g
Protein	5g
Calcium	75mg

### Directions

- 1 Line a baking sheet with parchment paper.
- 2 Take a pitted date and place it cut side down onto the parchment paper. Flatten it with your hands. Do the same with the remaining dates, building an even layer resembling a square. Make sure there are no gaps.
- 3 Spread the tahini otop of the dates. Sprinkle the chopped pistachios all over.
- 4 Melt the chocolate and coconut oil in a double boiler or in 30-second intervals in the microwave
- 5 Carefully spread the melted chocolate on top of the bark. Sprinkle flaky salt all over. Refrigerate for about one hour or until the chocolate has hardened.
- 6 When ready, cut the bark into equal size pieces. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is one square.

**No Tahini:** Use another nut or seed butter like peanut butter, almond butter, or cashew butter.

**No Pistachios:** Use other nuts like peanuts, almonds, cashews, walnuts or pecans.



## Tahini Yogurt Dip with Apple

**1 serving**  
10 minutes

### Ingredients

- 1/2 cup Plain Greek Yogurt
- 2 tbsps Tahini
- 2 tbsps Maple Syrup
- 1 Apple (cored and sliced)

### Nutrition

Amount per serving	
Calories	468
Fat	19g
Carbs	64g
Fiber	7g
Protein	17g
Calcium	429mg

### Directions

- 1 In a bowl mix together the yogurt, tahini, and maple syrup.
- 2 Serve with apple slices for dipping and enjoy!

### Notes

**Leftovers:** Refrigerate the yogurt in an airtight container for up to four days and cut the apple just before serving.

**Serving Size:** One serving is approximately 3/4 cup of dip with one apple.

**Make it Vegan:** Use a plant-based yogurt alternative.

**More Flavor:** Add vanilla extract and/or cinnamon.