

## Honey Mama's Chocolate Bars

- 1/2 cup cacao (or cocoa) powder, sifted
- 2 T. almond butter
- 1 T. melted coconut oil
- 3 T. raw and/or local honey
- 1 healthy pinch of a great salt - like Celtic gray salt



### Optional additions:

- 1 T. cacao nibs
- whole or chopped almonds
- shredded coconut

### Instructions:

1. Add sifted cacao (or cocoa) powder into a small bowl.
2. Add the almond butter, melted coconut oil, raw honey, and salt.
3. Gently stir with a spoon to combine into a thick paste. If you are doubling the recipe (and we ALWAYS do!) you can use a small food processor.
4. While mixing, you are going for a fudge-like dough with some thickness to it.
5. Put parchment paper in a small bread pan, add the fudge, cover with parchment paper, and use a second bread pan to press down the first batch. This is when you can add almonds; if you opt for other ingredients, you can add them before putting into the pan. If you double the recipe, three small (really small) bread pans work well.
6. Play around with it ... add whatever ingredients you like. Today I made a double batch and put almonds in one, cacao nibs in one, and raisins in the third.
7. Keep them in the freezer as they never get too hard to break off or cut.
8. These are finger-licking good!!!