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| **DIY ENERGY BARS****MAKES 10-12****THE GOODS:*** 3/4 cup cashew butter
* 1/2 cup honey
* 2 tablespoons coconut oil
* 1/4 teaspoon sea salt
* 2 1/4 cups rolled oats
* 1/2 cup chocolate chips or raisins
* Optional glaze: coconut butter and/or melted chocolate

**THE METHOD:**Line an 8 x 8” baking dish dish with parchment paper. Stir the cashew butter, honey, coconut oil, and salt together in a medium saucepan.  Stir over medium heat until it simmers, immediately remove from the heat. Stir oats and chocolate chips into the liquid mixture to combine. Press the mixture into the bottom of the prepared baking dish. Refrigerate the granola bars for at least two hours before cutting and adding optional glaze. |