

Almond Butter Cookie Bars

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-almond-butter-cookie-recipe>

Ingredients:

- 1/4 cup almond butter
- 2 tablespoons coconut oil
- 1/4 cup coconut sugar
- 2 tablespoons brown rice syrup
- 2 tablespoons unsweetened almond milk
- 1/4 teaspoon almond extract can also use vanilla
- 1 cup almond flour
- 3/4 cup rolled oats quick or old fashioned, ground into a flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup non dairy chocolate chips

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 32 grams
3. Fat: 25 grams
4. Fiber: 4 grams
5. Protein: 7 grams
6. SaturatedFat: 9 grams
7. Sodium: 150 milligrams
8. Sugar: 16 grams

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