



Coconut Chai Energy Granola Bars

A Harney & Sons Wellness Recipe



Ingredients:

- 2 cups old fashioned rolled oats
- ½ cup unsweetened shredded coconut
- ½ cup slivered almonds
- ¼ cup raw unsalted sunflower seeds
- ½ cup honey, agave or sweetener of choice
- ¼ cup almond butter
- 2 tsp Chaga Chai Nourish Wellness Tea
- 1 tsp vanilla
- ¼ tsp salt

Directions:

1. Line 8x8 pan with parchment paper.
2. In a large bowl, mix together oats, coconut, almonds, and sunflower seeds.
3. In a saucepan, heat together sweetener and almond butter. Stir constantly until well combined and the edges start to slightly bubble.
4. Add in Chaga Chai tea and remove it from heat.
5. Add vanilla and salt to the saucepan mixture.
6. Pour the liquid in the pan into the dry ingredients and stir. Dump into the lined pan and use a piece of parchment paper or wet hands to pat into place.
7. Freeze for 30 minutes then slice into 12 rectangles and wrap individually in plastic wrap. Store in the fridge for up to 10 days or freeze for up to 2 months.