

# Nut Bars

**Heat** ½ Cup to 1 cup of any nut butter (I like organic peanut butter or cashew or almond butter) with ¼ cup of honey in a pan. Just so it melts (**do not cook**) Watch it and stir it constantly.

**Remove** from heat.

**Add** chopped nuts, seeds, cranberries, raisins, ground flax seed. Anything goes here ☺. You can even add chocolate chips.

**Put** in a pan in the fridge. Cut and enjoy!

Great easy snack to have on hand!!

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