

## CINNAMON GRAHAM BAR



*Recipe developed by Chef Paige Vondran*

	Ingredients	Exchanges
Protein	5.9 gm peanut butter, smooth -----	1.3 (-1.3 gm fat) -----
	6.1 gm pecans, dry roasted -----	0.7 (-3.85 gm fat) -----
	9 gm NOW Real Foods® almond flour	1.7 (-2.55 gm fat)
Fat	5.3 gm cocoa butter, melted	3.25 (-7.7 gm)
Carbohydrate	1.6 gm graham cracker	1.3
Other	4 drops liquid stevia cinnamon to taste	

### DIRECTIONS

- Weigh melted cocoa butter on gram scale.
- Add in the almond flour and stir to form a paste.
- Add in peanut butter, chopped pecans, and roughly chopped graham crackers,
- Stir in liquid stevia, and cinnamon.
- Cover a small baking sheet pan with parchment paper.
- On the sheet pan, shape the mixture into a bar.
- Place in refrigerator until firm. For future use, freeze the KetoBars on parchment

### VARIATIONS

- Other carbohydrates can be used such as strawberries, peaches, or dried coconut flakes.
- Other fats can be used such as Smart Balance, coconut oil, or regular butter.
- Other nuts can be used in place of pecans such as macadamia, peanuts, or Brazil nuts.
- Chunky peanut butter can be used in place of creamy.