

## NUT BAR



	Ingredients	Exchanges
Protein	9 gm creamy peanut butter	2 (-2 gm fat)
	9 gm NOW Real Foods® almond flour	1.7 (-2.55 gm fat)
Fat	9.5 gm cocoa butter, melted	4 (-6.5 gm)
Carbohydrate	3.6 gm almond butter	1.3 (-1.95 gm fat)
Other	3-4 drops liquid stevia 2 drops peanut butter extract	

*Recipe developed by Chef Paige Vondran*

### DIRECTIONS

- Melt the cocoa butter in a small bowl.
- Add all of the ingredients to the melted cocoa butter.
- Grease a rectangle shaped silicone mold with nonstick cooking spray.
- Scoop recipe mixture into the silicone mold.
- Place in the freezer to solidify.

### VARIATIONS

- Other carbohydrates can be used such as cereal, shredded dry coconut, or chia seeds.
- Other keto-approved almond flour brands can be used.
- Bars can be kept in the freezer up to two months in an airtight storage bag.