



**Preparation: 10 minutes | Cooking: 0 minutes | Servings: 8**

## Ingredients:

- $\frac{3}{4}$  cup old-fashioned rolled oats
- $\frac{1}{3}$  cup almond flour
- $\frac{1}{3}$  cup salted dry-roasted whole cashews, chopped
- $\frac{1}{2}$  cup smooth natural cashew butter
- 5 tablespoons hemp seeds
- 3 tablespoons water
- 2 tablespoons mini semisweet chocolate chips
- 1 tablespoon unrefined coconut oil
- 2 teaspoons unsweetened cocoa powder
- 1 tablespoon pure maple syrup
- 2 teaspoons vanilla extract

## Instructions:

Combine  $\frac{3}{4}$  cup oats,  $\frac{1}{3}$  cup almond flour, the chopped cashews, 5 tablespoons hemp seeds, 2 tablespoons chocolate chips and 2 teaspoons cocoa in a large bowl; stir well. In a small microwavable bowl, combine  $\frac{1}{2}$  cup cashew butter, 3 tablespoons water, 1 tablespoon coconut oil, 1 tablespoon maple syrup and 2 teaspoons vanilla. Microwave on high until the coconut oil is melted, about 40 seconds. Stir until smooth, then pour into the oat mixture and stir until well combined. Line an 8½-by-4½-inch loaf pan with plastic wrap. Press the oat mixture firmly into the prepared pan, creating a compact, even layer. Freeze, uncovered, until firm, about 40 minutes. Remove from the pan and discard the plastic wrap. Cut into 8 1-inch bars.