

# chocolate coconut chia bars

**Makes 12 bars**

RECIPE ADAPTED FROM: [Running on Real Food](#)

PREP TIME: 5 minutes

INACTIVE TIME: 30 minutes

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1 ½ cups rolled oats

¼ cup unsweetened shredded coconut

3-4 Tbsp unsweetened cocoa powder

¼ cup chia seeds

¼ tsp sea salt

¼ cup melted coconut oil

2 Tbsp pure maple syrup

¼ cup natural peanut butter *(for a peanut/nut-free version, use almond butter, tahini or sunflower seed butter)*

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MIX dry ingredients in a bowl.

STIR melted coconut oil, maple syrup and peanut butter in a separate bowl until smooth and completely combined.

ADD wet mixture to the bowl of dry ingredients, mixing to combine.

LINE a square 8-9 inch baking pan with parchment paper so the ends stick out over the edges of the pan.

ADD mixture to pan and firmly press down into pan. Take a couple minutes to really press it in to help the bars stick together better.

PLACE in freezer for about 30 minutes to set.

LIFT bars out of the pan and cut into 12 bars.

STORE in the freezer in an air-tight bag or container for up to 3 months. These bars can be enjoyed straight from the freezer! *(If left out, they will not hold together properly.)*

