



Omega-3 Snack Bars

Plant-based fats and proteins from a variety of nuts, seeds, and rich cocoa butter provide lots of vitamins, minerals, and phytonutrients to keep you feeling satiated and energized between meals.

Cooking level: **Intermediate**

Contains: tree nuts

Servings:
12 bars

Prep time:
15 minutes

Total time:
**15 minutes, plus
2 hours to chill**



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What you'll need

- Small skillet
- Bowl
- Food processor or blender
- Small pan
- Spatula
- 8" x 8" baking dish
- Parchment paper
- Cutting board
- Knife

Ingredients

- ½ cup steel-cut oats
- ⅓ cup Brazil nuts*
- ½ cup unsweetened coconut*
- ⅓ cup sunflower seeds*
- ¼ cup pumpkin seeds*
- ¼ cup ground flaxseed
- ⅛ tsp. sea salt
- 2 tsp. vanilla extract
- ¼ cup cocoa butter
- ¾ cup nut butter (almond, peanut, or cashew butter)*
- 2 tbsp. raw honey
- ½ cup dairy-free chocolate chips

*Important note: Coconut, nut butter, nuts, pumpkin seeds, and sunflower seeds may be triggering during flare-ups.

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Cooking steps

- 1** In a small skillet, lightly toast ½ **cup steel-cut oats**. Shake skillet gently for 2-3 minutes; then remove from heat and transfer oats to a bowl.
- 2** In a food processor or blender, add ⅓ **cup Brazil nuts**, ½ **cup unsweetened coconut**, ⅓ **cup sunflower seeds**, ¼ **cup pumpkin seeds**, ¼ **cup ground flaxseed**, ⅛ **tsp. sea salt**, and **2 tsp. vanilla extract**. Pulse for 20 seconds.
- 3** Melt ¼ **cup cocoa butter** on low heat in a small pan for about 1 minute. Once melted, add to the food processor or blender along with the ¾ **cup nut butter**, **2 tbsp. raw honey**, and **cooled oats**.
- 4** Blend for 1 minute or until the mixture reaches a nut butter-like consistency. Remove mixture from blender and place into a bowl.
- 5** Fold ½ **cup dairy-free chocolate chips** into the mixture.
- 6** With a spatula, press the mixture into a parchment paper-lined baking dish. Cover and refrigerate for 2 hours.
- 7** Remove the chilled mixture from the baking dish and place it onto a cutting board. Allow the mixture to warm up to room temperature for easier cutting.
- 8** Slice into 12 bars. Serve and enjoy, or store in the refrigerator for up to 2 weeks.



Nutritional info

Omega-3 Snack Bars (1 bar)	
Calories	312
Total fat	24 g
Saturated fat	8 g
Cholesterol	0 mg
Sodium	305 mg
Carbohydrate	20 g
Fiber	4 g
Sugar	9 g
Protein	7 g