

Mountain High Bars



These incredibly tasty bars are packed with goodness to satisfy the hunger within. Mountain High Bars are a quick and easy way to medicate throughout your day.

Prep Time :15

Cook Time :18-20

Oven Temp : 350

Ingredients:

2 cups rolled oats

2 cups total dry nuts, seeds, fruit, chocolate chips, etc.

1 cup nut butter of your choice

1/2 cup honey (medicated)

2 egg white (optional for soft bars)

Notes :

Keep in refrigerator for up to two weeks.

There are no limits here, so get creative and enjoy!

Procedure:

1. Line a 9x9 pan with parchment paper.
2. Mix dry ingredients in a large mixing bowl.
3. Add and mix in wet ingredients. May need to use your hands.
4. Once mixed completely, pour into 9x9 pan and spread out evenly.
5. Bake at 350 for up to 20 minutes.
6. Remove from oven. While cooling, keep in pan and cut into bars.

Here's to your health!