

Nuts and Seeds Chocolate Bar

Maintenance to be mixed into your nut/seed bar: nuts and seeds

Supplies needed:

- Parchment paper

Ingredients:

- $\frac{3}{4}$ cup honey
- Enjoy Life Chocolate Chips
- Maintenance nuts/seeds



Instructions:

1. Pour honey into a pot and bring to a simmer
2. Stir simmering honey continuously for 5 minutes
3. Turn off and remove from heat
4. In a bowl, combine your maintenance nuts/seeds
5. Pour honey into a bowl and mix nuts/seeds together
6. Add your chocolate chips to your liking and mix together
7. Empty bowl of mixed honey, chocolate chips, and nuts/seeds onto a parchment paper
8. Flatten nuts/seeds into a nut bar shape or shape of your choice.
9. Let it sit at room temperature for 15 minutes to cool.
10. Place in freezer for 30 minutes to firm
11. Remove and enjoy!

Storage:

- Can store in the cabinet for up to 3 months

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: tree nuts, peanuts