

Breakfast | Snack

Chocolate Coconut Snack Bars

15 Mins
Prep Time

20 Mins
Cook Time

9
Servings

138 Calories **7g Fat** **17g Carbs** **3g Protein**

Ingredients

9 Servings • 1 Bar Serving Size • 35 Mins Total Time

Allergens: Nuts, Gluten

1 ½ Tbsp Chia Seeds

¼ Cup Vanilla Almond Milk

2 Ripe Bananas, mashed

1 ½ Tbsp Almond Butter

¾ Cup Old Fashioned Rolled Oats

2 Tbsp Unsweetened, Shredded Coconut

¼ Cup Dark Chocolate Chips

2 Tbsp Slivered Almonds

¼ Tsp Kosher Salt

Allergen Swap

Nuts Omit the coconut; Replace the almond butter with sunflower seed butter; replace the almond milk with a nut-free milk.

Gluten Oats are naturally gluten-free, but for those with celiac disease look for a certified gluten-free version.



Nourishment Note



Old Fashioned Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function it's best.



Bananas

Bananas are a good source of fiber to help aid in gut health. They also contain potassium, a mineral important to heart health, and they also contain a variety of antioxidants to help reduce inflammation associated with PD.



Chia Seeds

Small-in-size but packed with nutrients, chia seeds are loaded with fiber, protein and omega-3 fatty acids. Fiber helps promote gut health, protein provides building blocks to help make new and healthy cells, and omega-3 fatty acids help to lower the risk of heart disease.



Almonds

Almonds are an excellent source of protein, fiber, heart-healthy fats and vitamin E. The fiber may help keep the digestive system running smoothly while the vitamin E content can help lower inflammation.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven & Grease Pan

Preheat oven to 350°F. Grease an 8x8 baking pan with non-stick cooking spray and set aside.

3. Mix Chia Seeds & Almond Milk

Mix chia seeds with almond milk and set aside for about 5 minutes, stirring occasionally, until chia seeds form a gel.

4. Combine Ingredients

In a medium-sized mixing bowl, combine the chia gel, bananas and almond butter. Stir well. Mix in the remaining ingredients until combined.

5. Add Mixture to Pan

Add mixture to the 8x8 baking pan, and evenly spread in the pan.

6. Bake & Let Cool

Bake for 20 minutes, until firm and no longer wet in the middle. Allow to cool for 10 minutes on a cooling rack before cutting bars.

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [fitfoodiefinds.com](https://www.fitfoodiefinds.com)

What You'll Need



Measuring Cups



Measuring Spoons



Medium-Sized Mixing Bowl



Mixing Spoon



8x8 Baking Pan



Non-Stick Cooking Spray



Oven Mitt



Cooling Rack

PD Cooking Tips

- While preparing this recipe, try sitting on a stool to help conserve energy. Standing can often cause additional fatigue, especially while cooking.
- Ask a friend or family member to help prepare this dish.