

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

No Bake No Bakes



4 cups rolled oatmeal
1/2 cup almond butter
1/2 cup coconut oil
1 T vanilla
6 T cocoa powder
3/4-1 cup agave
3/4 tsp. salt

Mix by hand in a bowl. Drop by spoonfuls on a wax paper lined cookie sheet. Put in freezer until hardened. Eat and enjoy. For a holiday version I like to add 2-3 drops of cinnamon essential oil to the mix.

Recipe from Faves by Melissa Chappell.