

Nut Butter Candy

½ cup nut butter

⅓ cup honey

Powdered oat flour or powdered herbs

Combine the nut butter and honey and add enough of the powdered ingredients to make a dough. Roll into balls or other fun shapes.

Optional ingredients to add if you like are cocoa powder, carob powder, slippery elm powder, dried fruit, nuts, cinnamon, powdered elderberries, rose hips, or hawthorn berries.

Recipe by Jo Francks