**Easy Nut Bars**

Ingredients

Makes 6

1 cups roasted mixed nuts.  
1/4 cup of ground almonds

1/4 cup of toasted coconut.  
1/2 tbs. cinnamon.  
1/4 cup of nut butter  
1/4 cup of coconut oil.  
4tbsp of raw honey.  
1/2 tsp. vanilla extract.  
pinch of himalayan salt. (optional)

**Directions**

Line a 10cm square tray with baking paper.  
In a bowl, place the mixed nuts, almond meal, coconut, cinnamon and salt.  
Mix well until combined.  
In a saucepan, add the nut butter, coconut oil, raw honey and vanilla extract.  
Heat on a low heat stirring until it combined into a thick, smooth paste.  
Add the paste to the nut mix and stir well.  
Pour the mixture into the baking tray and press down until the mixture is even.  
Put the baking tray into the fridge for around an hour, or until set.