

# Faithful Workouts

## MEAL PREP #4: RECIPES

### Bars

1/3 cup almond flour

1 tbsp coconut oil

1 tbsp maple syrup

1/2 tsp vanilla

2 tbsp peanut butter

2 dates

### Topping:

1/3 cup chocolate chips

1 tsp coconut oil

2 tsp peanut butter

### Directions:

Place all bar ingredients into a blender and blend until well mixed

Place blended mixture into a baking tray and press down until it forms a level layer

Melt chocolate chips, peanut butter and coconut oil together over low heat until smooth

Pour topping over the bar mixture and then let set in the fridge or freezer

Wait for the topping to set and then chop into pieces and serve