

YUMMY NO BAKES

Quick treat for the family. I can whip this out in 10 minutes!

In medium size pan, heat over medium heat until boiling:

1/2 C coconut oil 1/2 C milk

2/3 C sugar

Remove from heat & stir in:

1/4 C cocoa powder 3/4 C crunchy peanut butter

Then add:

3 C rolled grain 1/2 C sunflower seeds

1/2 C coconut chips or shreds

Either spread in a pan or scoop out balls. Refrigerate until set.