

CINNAMON BUN FAT BOMB BARS

Yield: 2 bars

Ingredients

- 1/2 cup creamed coconut, cut into chunks
- 1/8 tsp cinnamon
- First Icing:
 - 1 tbsp extra virgin coconut oil (not melted)
 - 1 tbsp almond butter (or double the coconut oil. Bars in the picture have the coconut oil icing but I prefer the almond butter mixed with coconut oil icing)
- Second Icing:
 - 1 tbsp extra virgin coconut oil or almond butter*I prefer almond butter
 - 1/2 tsp cinnamon

Instructions

1. Line a dish or a mini loaf pan, muffin pan etc with appropriate liners (i.e. muffin liners).
2. In a bowl, using your hands, mix the coconut cream and cinnamon. Pat into the dish. Fills 2 mini loaf sections.
3. First Icing: In another bowl using a whisk, whisk together the coconut oil and almond butter. Spread this over the creamed coconut. Place the bars in the freezer for about 5 minutes or more.
4. Second Icing: Using a whisk, mix the icing together in a bowl. Drizzle the icing over the bars and either freeze again or consume.
5. I use a knife to cut my bar into tiny chunks.

Enjoy,