



All Natural No Artificial Colors
Gluten Free Corn Free

Ingredients

1 cup creamy peanut butter
½ cup honey
½ cup coconut oil
2 cup rolled oats
1 cup shredded coconut
1 cup crumbled banana chips (divided)
1¼ cups dark chocolate chips
1 tsp vanilla extract
8 grams mushroom powder

In a medium saucepan combine the peanut butter, honey, and coconut oil. Heat over medium-low heat, stirring until everything's smooth and well-blended. Remove from the heat. Mix in your mushroom powder, stirring until smooth. Mix in rolled oats, shredded coconut, ½ cup crumbled banana chips, chocolate chips, and vanilla extract. Give it a good stir until the chocolate is completely melted and everything is mixed well. Pour the mixture into a parchment lined 8x8 pan and spread mixture out evenly. While still soft top the mixture with the remaining ½ cup of crumbled banana chips. Chill in the refrigerator for about 3 hours. Once firm cut into 16 equal bars. Each bar will contain approx .5g of dry mushroom. Alternatively, you can replace the banana chips with your favorite nut or dried fruit.

Recipe is brought to you by ColoradoMycologyLeague.org