

No Bake Breakfast Bars

Recipe from The CBD Handbook

Ingredients

- 1/2 cup (160g) honey
- 50 - 100mg full spectrum CBD oil
- 1/4 cup (65g) almond butter
- 3 cups (84g) toasted oat cereal
- 1/2 cup (72.5g) unsalted almonds, toasted and chopped
- 1/2 cup (60g) dried cranberries

Instructions

- Line an 8 x 8 inch (20 x 20 cm) baking pan with parchment paper and set aside.
- In a medium microwave-safe bowl, stir together the honey, CBD oil and almond butter.
- Microwave the mixture on high power for 45 seconds, stirring every 15 seconds, or until melted.
- In a large bowl, combine the cereal, almonds, and cranberries. Pour the melted honey mixture over the cereal mixture and stir until well mixed. Pour the batter into the prepared pan, pressing it in evenly.
- Transfer the pan to the freezer for about 30 minutes.
- Once the mixture is hard, cut it into eight pieces. Wrap each bar in parchment paper and keep refrigerated for 1 week or freeze for up to three months.

Notes

Opt for infused honey in lieu of the full spectrum oil. You can of course choose to use THC instead of CBD or a ratio of both.

You can use other nut butters instead of almond butter.