

Nut Butter Bars

*Stephanie Collins
(Paleo friendly)*

These protein-packed bars contain simple ingredients and will work as a quick breakfast or afternoon snack. They need to stay refrigerated to stay firm.

1 cup slivered almonds	½ tsp. salt
1 cup hazelnuts	1 ½ tsp. blackstrap molasses
1 ½ cups pecans	¼ cup melted coconut oil (<i>I had to find this at a Specialty Food Store</i>)
⅔ cup flax meal	
⅔ cup shredded coconut	
¼ cup unsalted almond butter (or other nut butter)	½ cup dark chocolate chips or dried fruit (optional)

Place almonds, hazelnuts, pecans, flax meal, shredded coconut, nut butter, salt and molasses in a food processor. Process until the consistency is fairly smooth but not completely. Slowly drizzle in the oil until a coarse paste forms. Stir in chocolate chips or dried fruit. Scrape the batter into an 8x8-inch pan lined with parchment paper and press down evenly to fill the pan. Chill in refrigerator for at least 1 hour, until bars harden. Store in refrigerator.

Connie's Breakfast Casserole

Connie Horany

1 pkg. crescent rolls	Sliced fresh mushrooms
1 lb. sausage, cooked and drained	8 oz. Monterey Jack cheese
1 can cream of onion soup	8 oz. American, Cheddar, or Colby cheese
6 eggs	

Put crescent rolls in bottom of 9x13-inch pan sprayed with Pam. Add sausage. Add mushrooms. Then add ½ of cheese. Mix eggs and soup together and pour over cheese. Add the other ½ of cheese. Bake at 350° for 45 to 60 minutes.