

## Butter Bark Bites

### INGREDIENTS

- 1/2 C Butter
- 1/3 C Coconut Oil

1. Melt butter and oil and pour into a loaf pan lined with parchment paper.
2. Add desired toppings and place into freezer until well formed.
3. Break apart with knife.

### For the Monkey Bark, add:

- 1/3 C Softened Almond Butter
- Handful of Crushed Plantain Chips
- Drizzle of Honey

### For the Macadamia Bark, add:

- Handful of Crushed Macadamia Nuts
- Toasted Coconut Flakes
- Drizzle of Honey

### For the Blueberry-Almond Bark, add:

- Dried Berries
- Sliced Almonds
- Coconut Flakes
- Couple drops of Almond Extract
- Drizzle of honey