

## Macro Men

### INGREDIENTS

- 1/2C Coconut Oil
- 1/2C Coconut Peanut Nuts N More

1. Melt coconut oil in a mixing bowl.
2. Add nut butter to coconut oil and mix until smooth. You may need to melt nut butter or make sure it is room temperature so it is easier to mix.
3. Grease ramekins and carefully pour mixture into each cutout until full.
4. Place ramekins on flat surface in freezer for about an hour or until firm.
5. Remove ramekins from freezer and let them sit for about 10 minutes or until they begin to slightly thaw and you can easily pop them out of the containers.
6. These travel well when chilled or cooled but definitely melt and become soft in heat. Try different nuts or butters for endless variations!