



FIXATE RECIPES

CHOCOLATE CHERRY BARS

Serves: 12 (1 bar each)

GF

Total Time: 30 min.

Prep Time: 8 min.

Cooking Time: 22 min.

½ cup / 100 g	light brown sugar	1 cup / 100 g	almond flour
¼ cup / 55 g	unsalted butter (organic grass-fed, if possible), melted	½ tsp.	baking powder (preferably GMO-free)
1	large egg	¼ tsp.	sea salt (or Himalayan salt)
1 tsp.	pure vanilla extract	¼ cup / 40 g	semisweet chocolate chips
		¼ cup / 35 g	cherries, pitted, quartered

SPECIAL EQUIPMENT: Parchment paper

1. Preheat oven to 350° F (180 °C).
2. Line an 8 x 8-inch (20 x 20-cm) baking pan with parchment paper, leaving extra to come up sides of pan (this will help lift out finished bars).
3. Add brown sugar, butter, egg, and extract to a medium mixing bowl; whisk to combine.
4. Add flour, baking powder, and salt to a separate medium mixing bowl; whisk to combine.
5. Pour wet mixture into dry mixture; stir to combine. Gently fold in chocolate chips and cherries.
6. Pour batter into prepared pan; bake for 20 to 22 minutes, or until browned and firm in the center. Let cool completely; slice into 12 equal portions.

Nutritional Information (per serving):

Calories:	137	Cholesterol:	28 mg	Fiber:	1 g
Total Fat:	9 g	Sodium:	74 mg	Sugars:	11 g
Saturated Fat:	3 g	Carbohydrates:	12 g	Protein:	2 g

PORTION FIX Container Equivalents (per serving)

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Recipes containing the GF icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.