



**Ingredients**

- ✓ 1 cup all-natural peanut butter
- ✓ 1/2 cup unsweetened almond milk
- ✓ 1/2 cup unrefined sugar

**Notes:**

- Any natural nut butter can be substituted for peanut butter.
- Any natural sweetener can be substituted for unrefined sugar.
- Add a pinch of salt if using unsalted nut butter (optional).

**Preparation**

Put peanut butter into medium-size bowl and Stir well.

In medium-size saucepan combine almond milk and sweetener (and optional salt). Cook on medium heat, stirring constantly. Cook mixture for approx. 5 minutes—or cook longer if doubling the recipe. Mixture will thicken and get bubbly as it cooks down. If using a candy thermometer, it should reach “soft ball” stage—approx. 235 degrees.

When done, remove from heat. Quickly pour into nut butter and stir to combine. Combine all ingredients well. Transfer onto wax paper or baking dish lined with wax paper. Cool thoroughly. Cut into squares. Enjoy!