

METABOLIC CHANGE MARCH 2021 NEWSLETTER



ETHICAL SHOPPING

1. Shop Wonderful Things. Thoughtful consumerism, curated through Amazon. For their website click [here](#).
2. If shopping on Amazon, use AmazonSmile to donate a percentage of the profit to your favorite environmental charity.
- 3, For The *Art of Simple's* Ethical Shopping Guide click [here](#).
4. For *Buzzfeed's* 25 Eco-Friendly Brands You Can Feel Good About Spending Your Money With click [here](#).
5. For Sustainably Chic's 10 Sustainable and Ethical One-Stop Shops to Visit Before Amazon: For Fashion, Beauty, and Home click [here](#).

HELLO DOLLY BARS

- ½ C Unsalted Kerrygold Butter or Earth Balance
- 2 C Graham Cracker Crumbs
- 1 C Semi-Sweet Chocolate Chips
- 1 C Shredded Coconut
- ¾ C Chopped Pecans
- 1 Can Sweetened Condensed Milk

Preheat oven to 350 degrees. Melt butter in 9 x 13 pan in oven. Add graham cracker crumbs and press into the bottom of the pan, forming a crust. Pour sweetened condensed milk over the entire crust. Layer with chocolate chips, coconut, and nuts. Press down with fork. Bake for 25 minutes or until golden brown.

*Adapted from Eagle Brand Condensed Milk Recipes