

Flax Energy Bars

Adapted from my nutrition teacher Andrea Nakayama www.replenishpdx.com

Yield: 12-16 bars

1-1/2 cups sprouted almonds coarsely chopped
1/2 cup walnuts coarsely chopped
1/2 cup cacao butter (you can use coconut oil but the bars will get soft at room temperature, you can also use a mix)
1/2 cup crunchy almond butter
1/4 cup goji berries
1/4 cup shredded coconut
1/4 cup ground flax seeds
1/2 tsp vanilla extract
a couple pinches of sea salt
4-6 drops stevia extract (put some drops in, mix and taste)

- Pulse nuts, ground flaxseeds, coconut, nut butter and salt in a food processor
- Gently melt the cacao butter or coconut oil in the jar placed in heated water, just enough to scoop and measure
- Add the coconut butter or oil to the food processor along with the remaining ingredients.
- Pulse to create a course and pasty mixture. Taste to see if you need more stevia for sweetness.
- Press the mixture into an 8 x 8 glass container.
- Place in fridge. Chill for 1 hour or until mixture firms up.
- Cut into 12-16 squares for a snack to take on the go or as a bedtime nightcap.