

# Flax Power Protein Bars

Adapted Andrea Nakayama

Yield: 12-16 bars

1 cup sprouted almonds or macadamia nuts coarsely chopped  
1 cup walnuts coarsely chopped  
1/2 cup shredded coconut  
1/2 cup ground flax seeds  
1/4 teaspoon Celtic sea salt  
1/2 cup almond butter or nut butter of choice,  
1/2 cup cacao butter or coconut oil, melted (with coconut oil the bars will be very soft at room temperature, you can also use a mix)  
1/2 cup raisins, dates, or other dried fruit, chopped  
1 Tb maca powder (optional)  
1 tablespoon vanilla extract  
1 1/2 tablespoon raw honey or 6-10 drops stevia extract to taste

- Pulse nuts, ground flaxseeds, coconut, and salt in a food processor until coarsely ground
- Gently melt the cacao butter or coconut oil in the jar placed in heated water
- Add the cacao butter or coconut 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.