



## Cranberry Coconut Energy Bars

These energy bars are made without nuts. I have an easier time digesting seeds which is why I came up with these. If you make them with the coconut butter they will hold up very well at room temperature. If you use coconut oil, they are best right out of the refrigerator.

Makes 16 bars

½ cup golden flaxmeal (grind golden flax seeds in a spice grinder)

1 cup hemp seeds

½ cup [dried cranberries](#)

½ cup [coconut butter](#)

1½ cups unsweetened shredded coconut

⅛ tsp vanilla stevia

⅛ tsp celtic sea salt

2-4 Tb water

- In a food processor, pulse together hemp, flax, and cranberries
- Pulse in coconut butter, shredded coconut, salt and stevia.
- Add enough water so it just begins to form a ball as you process it.
- Press mixture into an 8 x 8 inch baking dish
- Refrigerate for 2 hours until firm
- Cut into 16 pieces. Store in the refrigerator or freezer.