



RAW Energy Bars

INGREDIENTS:

1 cup raw organic pumpkin seeds
1 cup unsweetened raw organic shredded coconut
1 cup Walnuts
3/4 cup Raisins
1/2 cup Craisins
1/2 cup Flax seeds
1/4 cup Chia seeds

10 Medjool dates, pitted
1/2 cup raw Cacao nibs
1 tsp. Almond extract
6 TBS. Raw Organic Coconut Oil
2 TBS. Bee Pollen
2 TBS. Tart Cherry Juice Concentrate

DIRECTIONS:

In a food processor combine the first 7 ingredients. Pulse until fine, but still slightly chunky. You certainly do not want a pumpkin seed, coconut, walnut, raisin, craisin, flax seed, chia seed FLOUR.

Pour mixture into a medium mixing bowl.

Combine the next 6 ingredients in your food processor and process until very well incorporated, "liquidy" and dates chopped up very fine.

Pour this LIQUID mixture into your dry and mix VERY WELL.

Pour mixture into an 8X8 glass dish and using a spatula, or your hand, mash and pack in very flat and tight. Cover and refrigerate. Keep in the frig.

These bars are crumbly as there isn't a whole lot there to keep them together. Once the oil chills, it helps to hold them together somewhat - but - just be warned.

They are delicious.