



Recipe of the Week

WALNUT & SUPERFOOD RAW ENERGY BARS

Ingredients

- 1 cup walnuts
- 3/4 cup pumpkin seeds
- 1/3 cup chia seeds
- 1/3 cup ground flax seeds
- 1/3 cup hemp seeds
- 1/4 cup cacao nibs
- 1/4 coconut flakes
- 1 cup dates
- 1/2 cup raisins
- 1 – 2 tabs of melted coconut oil, if needed

Method

1. Place the dry ingredients, reserving a small amount of each, in your food processor, then add the dates and raisins and process until everything starts to stick together. If the mix is too dry, add extra dates or coconut oil.
2. Put in the reserved dry ingredients and mix them in with your hands, press into a lined tin and set in the fridge for an hour or more.
3. Cut into bars and keep in the fridge for up to 1 week or freeze.