

PROTEIN BARS

MAKES 12-15 BARS

- 2 CPS ALMONDS* (CRISPY NUTS/NOURISHING TRADITIONS)
- ¼ CUP PUMPKIN SEEDS* (GROUND UP A BIT)
- ½ CUP DRIED PRUNES, DATES, OR RAISINS
- ½ CUP UNSWEET COCONUT CHIPS, SHREDS, FLAKES
- ½ CUP UNSALTED NUT BUTTER*
- ½ TSP CELTIC SEA SALT*
- ½ CUP MELTED COCONUT OIL*
- 1 TB HONEY* , STEVIA* OR MAPLE SYRUP
- 2-3 TSP ORGANIC VANILLA EXTRACT*
- DARK ORGANIC CHOCOLATE*, MELTED ,OPT.



- Briefly pulse almonds, seeds, fruit, coconut, nut butter and salt in a food processor.
- Stir sweetener into coconut oil, add to processor with other ingredients. Pulse to make course paste.
- Press mixture into an 8x8 glass baking dish. Chill in refrigerator 1 hour.
- Melt chocolate in a small saucepan or double boiler.
- Spread over bars. Return to refrigerator for 30 minutes. Cut and serve.

*SOLD AT *A Healthy Horizon*