

## **PROTEIN BARS**

MAKES 12-15 BARS

- 2 CUPS ALMONDS\* (CRISPY NUTS/NOURISHING TRADITIONS)
- 1/4 CUP PUMPKIN SEEDS\* (GROUND UP A BIT)
- 1/2 CUP DRIED PRUNES, DATES, OR RAISINS
- 1/2 CUP UNSWEET COCONUT CHIPS, SHREDS, FLAKES
- 1/2 CUP UNSALTED NUT BUTTER\*
- 1/2 TSP CELTIC SEA SALT\*
- 1/2 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**