

Protein Bars



Ingredients:

1 cup almond butter, sunbutter, or other nut butter

16 Medjool dates, pitted

½ cup almond milk or other plant milk

2 teaspoons vanilla extract

3 cups rolled oats (quinoa flakes, amaranth, millet, or buckwheat can be substituted for part or all of this)

1 cup flaxseed (may substitute chia seeds for part of all of this)

½ teaspoon sea salt

½ cup dried fruit of choice (unsweetened, unsulfured)

½ cup cacao nibs (optional), if adding this, also add 2 teaspoons cocoa powder

1 cup Power Meal (optional)

Directions:

Mix in food processor, wet first, then dry. Stir in fruit and/or cacao nibs after mixture resembles a thick cookie dough. Place parchment paper on baking sheet and press mixture onto it about

½ in thick. Place in refrigerator for 1 hour or until it sets. Then cut into 2x2 inch squares. Place them separately in plastic wrap in the freezer to store for 3 months.