

Protein Love Bars

Finally a snack bar that's nutritious & delicious... giving your body the protein it needs, so it can supply you the energy you want, through Chia seeds, Flaxseed, Blueberries, Cranberries, Almonds, Coconut, a pinch of Celtic sea salt and a dab of Agave or raw Honey with a WHOLE lot of LOVE.

- *Protein keeps your heart healthy*
- *Protein keeps cholesterol low*
- *Protein minimises the risk of developing cardiovascular disease and related disorders*

1 cup almonds & sunflower seeds
1 cup pumpkin seeds
1/4 cup almond meal

1/4 cup flaxseed and chia meal

1/2 cup fresh shredded coconut
1/2 cup almond butter
1/2 cup organic coconut oil
1 tsp pure vanilla extract
1 tsp of agave, stevia or raw honey
1/4 teaspoon celtic sea salt
1 cup dried cranberries or blueberries

Co-creation process of creating the protein love bars...

1. On a baking dish with baking sheet, lightly toast nuts and seeds. (temperature 45 degrees Celcius) check after 5 minutes. Do not over toast them. When done take the nuts & seeds mixture out, now add grated coconut into the mixture. Toss them together.
2. Pour mixture into a food processor and pulse until nuts are chopped and the mixture becomes coarsely ground.
3. In a mixing pot, melt coconut oil and almond butter (few seconds) Remove from low heat and stir until smooth.
4. Add vanilla extract, honey and sea salt. Mix thoroughly into a flowing liquid
5. Fold in nut mixture and almond & flaxseed/chia meal until mixed thoroughly.
6. Pour the coconut oil & almond butter liquid into the nut mixture.
7. Mix together with love, kindness, vitality. (you can add in your own values)
8. Fold in cranberries.
9. The mixture needs to be able to form into a ball when you mould some in your hand.
10. Press mixture into a 13 by 9 inches loaf dish.
11. Place in freezer for 30 minutes or until firm.
12. Cut into bars. Should make 12 good-sized bars.
13. Enjoy! with love, joy and vitality in your body.
14. Any left over keep it in a container with a cover in the fridge.

Share your creation with the people you love. Bless you.