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*Changing What we Eat Today For a Healthier Tomorrow*



## Raw Energy Bars Recipe

These are totally awesome and full of protein, calcium and essential fatty acids. There are so many possibilities here. Again, I make up a batch, cut and freeze..... though they never seem to last long. You can also alter the consistency by how much you chop the ingredients up. I have never had two batches the same and we always love them....even my husband.

### Raw Energy Bars

½ cup raw almond or peanut butter

½ cup unpasteurized honey

Warm on stove till melted and stir in...

Chopped:

Pumpkin seeds

Sunflower seeds

Flax seeds

Dried apple, apricot, dates

Whole

raisins

sesame seeds

mini carob chips

other things you could add: puffed rice, popped amaranth, coconut, dried cranberries or blueberries, walnuts, almonds, hemp protein, you get the idea.

Add to a consistency that you will be able to press out into a pan to set. (Kind of like RKsquares) I usually line the bottom with parchment paper and then press down with my hands with a piece of parchment paper. After sitting on counter for a few hours cut and individually wrap or place in freezer with parchment between the layers.

Most kids won't likely be able to take these to school because of the nuts but what a great after school treat.

Watch out though, these are not low cal mommy!! But you can feel good that you are giving your child a healthy treat, now go jump on the trampoline with your kids.