

Primal Energy Bars

Ingredients

1/2 cup slivered almonds
1/2 cup pecans
1/4 cup almond or sesame seed meal
1/4 cup unsweetened shredded coconut
1/4 cup almond butter
1/4 cup coconut oil (check your local health food store)
1 tsp pure vanilla extract
1/2 tsp of raw honey
1/4 teaspoon sea salt
1/2 cup dried cranberries or blueberries



Method

On a cookie sheet, toast nuts and shredded coconut until golden brown (you may need to shake the tray once or twice to make sure they cook evenly). Once toasted, pour mixture into a food processor and pulse until nuts are chopped and the mixture becomes coarsely ground. In a mixing bowl, melt coconut oil and almond butter (about 20 seconds). Remove from microwave and stir until smooth. Add vanilla extract, honey and sea salt. Mix thoroughly. Fold in nut mixture and almond (or sesame seed) meal until mixed thoroughly. Fold in blueberries/cranberries. Press mixture into an 8 by 4 loaf pan. Refrigerate for 20 minutes or until firm. Cut "loaf" width wise. Should make 6 good-sized bars. Enjoy! (or, if you don't plan to eat immediately, you can store the bars in the refrigerator, covered loosely with a paper towel and plastic wrap.