

Cherry Cacao Energy Bars

Yield: 18 servings

Prep Time: 10 Minutes

Cook Time: 10 Minutes

INGREDIENTS:

1 1/2 cups dried tart cherries

1/4 cup chia seeds

1/4 cup sesame seeds

1/4 cup flax seeds

2 cups old-fashioned oats

1 cup unsweetened coconut flakes

1/2 cup sliced almonds

2/3 cup Fair Trade cacao nibs

1/2 tsp salt

2/3 cup maple syrup

1/2 cup almond butter

1/2 cup virgin coconut oil

1/2 tsp vanilla extract

DIRECTIONS:

1. In a large mixing bowl, combine the cherries, chia seeds, sesame seeds, flax seeds, oats, coconut flakes, almonds, cacao nibs and salt. Set the bowl aside.
2. In a small saucepan, combine the organic raw honey, almond butter and coconut oil. Bring the mixture to a boil over medium heat, stirring constantly. Immediately remove the saucepan from the heat when the mixture reaches a boil. Stir in the vanilla extract. Pour the honey mixture in the mixing bowl and stir to fully coat the dry ingredients.
3. Dump the mixture onto a 9×13 baking sheet and press down firmly to evenly distribute the ingredients.
4. Place the baking sheet in the fridge and chill for at least 2 hours.
5. After the bars are chilled, cut into squares and store in an airtight container.