

# Super Seedy Energy Bars



*Energy bars make a healthy snack for active people or can supplement a light lunch. Commercial bars often higher in sugar than you might imagine. These provide protein from seeds and contain no added sugars (unless dark chocolate is used as a topping!)*

## Bars

3 cups (750 ml) dried fruit (well packed) (half dates then your choice – figs, prunes, pears, etc.)

3/4 cup (185 ml) sunflower seeds, soaked and dehydrated\*

3/4 cup (185 ml) pumpkin seeds, soaked and dehydrated\*

3/4 cup (185 ml) hemp seeds

3/4 cup (185 ml) chia seeds

1 cup (250 ml) walnuts or other nuts, coarsely chopped

1/2 cup (125 ml) cocoa

1 tsp (5 ml) vanilla

1/4 tsp (1 ml) your favorite salt (optional)

## Topping (optional)

85-100 g dark chocolate bar

1/3 cup (85 ml) almond or peanut butter

- Pulse walnuts, pumpkin and sunflower seeds in food processor until coarsely ground. Set aside in a bowl.
- If dried fruit is soft, process in food processor with cocoa powder, vanilla and salt (if using) until they are well blended. (If fruit is not soft, steam about 10 mins in a steamer basket before processing.)
- Add hempseeds, chia seeds and nut/seed mixture to the dried fruit and pulse until just combined. You may need to divide the dough if your processor is not big enough.
- Pat dough on a cookie sheet lined with a silicone mat or parchment paper. Roll with rolling pin till mixture is evenly distributed in pan. Add chocolate topping, if using. You can sprinkle hempseeds, walnuts or coconut on top for decoration.
- Freeze a few hours then cut into bars. Package individually if you wish and return to the freezer. I purchase small bags for this and use stickers to seal. You can also use wax paper or plastic wrap.

\* Soak seeds in 2 cups (500 ml) of water 2-4 hrs then dehydrate till dry. This is optional – raw or roasted seeds can also be used.

### **Variations:**

1. Use any combination of nuts (e.g. pecans or almonds instead of

walnuts)

2. Use  $\frac{3}{4}$  cup (185 ml) of coconut in place of one of the seeds, or reduce seeds to  $\frac{1}{2}$  cup (125 ml) each and add 1 cup coconut.