



Homemade Energy Bars

Active Time: 20 minutes | **Total Time:** 45 minutes | **Serves:** 12

Nutrition Information Per Serving

188.3 calories, 10.92 g carbohydrate, 3.08 g fiber, 7.84 g NET carbs, 4.25 g protein, 15.21 g fat

Ingredients

- 4 Tbsp(s) Maranatha No Stir Almond Butter (Creamy)
- 1/4 cup(s) Bob's Red Mill Almond Meal/Flour
- 4 ounce(s) Navitas Naturals Organic Goji Powder
- 1/4 tsp(s) sea salt
- 1 tsp organic vanilla extract
- 1/2 tsp(s) raw honey
- 4 Tbsp(s) organic virgin coconut oil
- 1/2 cup(s) organic pecans
- 1/4 cup(s) unsweetened shredded coconut
- 1/2 cup(s) organic slivered almonds

Preparation

1. Preheat oven to 350 degrees F.
2. Place slivered almonds, pecans and shredded coconut on a cookie sheet. Spread out evenly and bake just until golden brown about 6-8 minutes (Shake the tray once or twice to ensure even cooking).
3. Remove from oven. Pour mixture into a food processor or Magic Bullet and pulse until nuts are chopped and the mixture is coarsely ground.
4. In a medium saucepan, melt coconut oil and almond butter. Add vanilla extract, honey and sea salt. Mix thoroughly.
5. Fold in toasted nut mixture and almond flour until mixed thoroughly. Fold in goji berries.
6. Press mixture into an 8 by 4 loaf pan. Refrigerate for 20 minutes or until firm.
7. Cut "loaf" width wise and then in half again to make a dozen bars.
8. Keep refrigerated in an airtight container.

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