



Superfood Energy Bars

Active Time: 15 minutes | **Total Time:** 1.5 hours | **Serves:** 12

Nutrition Information Per Serving

237 calories, 17.46 g carbohydrate, 8.79 g fiber, 4.67 g NET carbs, 7.12 g protein, 19.09 g fat

Ingredients

- 20 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 8 Tbsp(s) Maranatha Almond Butter-Hint Of Sea Salt (Creamy)
- 4 Tbsp(s) Wholesome Sweeteners Organic Zero
- 3 Tbsp(s) organic cocoa powder
- 2 tsp(s) organic vanilla extract
- 1 cup organic frozen blueberries, thawed
- 5 1/5 ounce(s) chia seeds
- 1 cup unsweetened shredded coconut
- 2/3 cup(s) organic pumpkin seeds, toasted and chopped
- 2 Tbsp(s) ground golden flaxseed

Preparation

1. Line the bottom of a 9 x 13 pan with unbleached parchment paper.
2. In a food processor or high-powered blender, add the blueberries and erythritol. Process to puree.
3. Add the nut butter (or seed butter), vanilla and cocoa powder. Pulse to combine.
4. Add the shredded coconut and process to fully incorporate.
5. Add the chia, flax and chopped nuts or seeds and pulse to combine.
6. Scrape mixture out of the processor and place onto lined sheet. Flatten the mixture using your hands, spreading it out over the entire surface area of the sheet pan.
7. Transfer to refrigerator and chill 1 hour. Cut into bars.
8. For long term storage, wrap each bar in cellophane, place in a freezer bag and freeze.

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