

Energy Bars, Raw

If you don't have time for breakfast, these bars are a great ready-to-go food. They require no baking or dehydrating. Simply combine the ingredients in a food processor and pop them in the freezer to set.

- 10 Dates, Medjool (remove pits)
 - 1/2 teaspoon Vanilla powder
 - 1 cup Oats
 - 1 1/2 cups Nuts (such as almonds, walnuts or pecans)
 - 1 cup Coconut, desiccated
 - 1/2 cup Dried fruit (such as sultanas, currants or cranberries)
 - 1/2 cup Sunflower kernels (or pumpkin seeds)
 - 1 pinch Salt, Himalayan rock (finely ground)
 - 2 tablespoons Honey
 - 2 tablespoons Water
1. Remove pits from the dates and place them in a food processor with the salt, vanilla powder and two tablespoons of water.
 2. Process until it forms a smooth paste. Stop the food processor, as needed, to scrape down the sides.
 3. Add the remaining ingredients and pulse until the nuts are roughly chopped. Add the honey and continue to pulse until the mixture begins to clump together.
 4. Line a square or rectangular pan (approximately 20 x 20 cm) with baking paper. Spread the mixture out evenly into the pan.
 5. Press the mixture firmly into the pan and freeze for about 4 hours.
 6. Remove from the pan and cut into desired size bars or squares.