

Energy Bars

16 to 24 Bars or Balls

Energy bar derived from Kim Wilson's book *Everyday Wholesome Eating In the Raw*.

Ingredients

- ½ cup pitted dates
- ½ cup soaked walnuts
- ¾ cup raw almonds
- 3 tablespoons honey
- ¾ cup shredded coconut unsweetened
- ¼ cup raisins
- ¼ cup dried cranberries unsweetened
- 3 tablespoons Barley green or Green Magma Powder

Preparation

Place almonds into food processor with S blade and grind into a meal texture. Add the rest of the ingredients, and process into a dough type mixture. For bars, press the dough into an 8×8 pan and sprinkle with extra coconut if you would like. Refrigerate for 1-2 hours before cutting into bars. To make energy balls, roll dough into 16 to 24 balls and roll each ball in coconut. Refrigerate for 1-2 hours. Anytime you are experiencing an energy crisis, have a ball or a bar!

Raw Energy Bars

By Cathe Olson Author of *The Vegetarian Mother's Cookbook* and *Simply Natural Baby Food* available at www.simplynaturalbooks.com

Moderator of Mothering's Nutrition and Good Eating [Discussion Forum](#)

Here's a raw bar full of nutritious energy for snacks, lunchboxes, picnics, and even dessert!

- 1/4 cup sesame seeds
- 1/4 cup sunflower seeds
- 1/2 cup raisins
- 1/2 cup dried figs
- 1/2 cup peanut butter, almond butter, or tahini

Place sesame seeds, sunflower seeds, raisins, and figs in food processor with metal blade. Chop until everything is ground together. Add nut or seed butter and mix until combined. Roll mixture into balls or press into 8-inch round cake pan and cut into 1-inch squares. Keep refrigerated.

Makes about 3 dozen