

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

---

## Raw Power Bars

*(use organic ingredients wherever possible)*

### Ingredients:

- 2 scoops RAW veggie protein powder (Garden of Life)
- 1 container PB2 (regular or chocolate) powdered peanut butter
- 1 C unsweetened applesauce
- 1C of cashews/almonds/pecans or a combination
- 1 C of raisins (optional)
- 1C of unsweetened shredded coconut
- 1 bag of mini chocolate chips
- 3T flax meal
- 1 T cinnamon
- ½ C toasted sesame seeds
- ½ C sunflower seeds
- Squeeze honey to taste
- 4 T. organic butter, melted
- 3 heaping Tablespoons coconut oil, melted

### Directions:

- In a large bowl, combine the first 12 ingredients.
- Stir in melted butter and coconut oil.
- Press mixture firmly into a parchment paper lined 9x13 pan.
- Bake in 350 F oven for 12 minutes. Cool slightly.
- Refrigerate until firm (2 hours).
- Cut into bars. Wrap individually or in snack baggies.
- Store in refrigerator or freezer.