

PALEO PROTEIN BARS

(Courtesy Sally-Ann Creed)

Ingredients:

1 1/2 cups slivered almonds, or very well chopped

1 cup organic pecans, lightly toasted

1/3 cup ground linseeds

3/4 teaspoon ground cinnamon

1/3 cup dried cranberries

7 large dates

1/3 cup dried unsweetened blueberries

½ teaspoon vanilla

½ tablespoon organic raw honey

4 – 5 teaspoons water

1/3 cup 80% chocolate chips

Method:

Place almonds, pecans, linseeds, cinnamon, cranberries, dates, blueberries, vanilla in food processor and process until well ground

Now pulse in honey and 3 tablespoons of water until the mixture forms a ball. If its not a ball after the 3 tablespoons of water add more water and process until the mixture forms a ball

Remove from food processor and stir in chocolate chips. Then press into a 20x20cm baking dish

Place bars in fridge for an hour and then slice into bars. Can also be wrapped individually and placed in airtight container in the freezer.

