

Food Babe's Homemade Healthy Energy Bars



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	1 hr	1 hr, 15 mins	6

<https://foodbabe.com/homemade-healthy-energy-bars>

Ingredients:

- ½ cup pumpkin seeds (pepitos)
- ¼ cup shelled hemp seeds
- ¼ cup sunflower seeds
- 2 tablespoons chia seeds
- ¼ cup rolled oats
- 2 tablespoons goji berries
- 8 medjool dates
- 3 tablespoons coconut oil
- 2 tablespoons cacao powder

Instructions:

1. Place all of the ingredients in a food processor and begin to chop slowly. Increase the speed as you begin to notice the ingredients mixing together.
2. Once the ingredients are mixed together, remove from the food processor, and place into an 8x8 dish. Make sure to press down with your spoon or spatula to create a large, compact square.
3. Place in the refrigerator for roughly 1-3 hours before cutting into squares. Enjoy!

Notes:

- Please use all organic ingredients if possible