



## Healthy Seedy Snack Bars



### Ingredients

Serves: Approx. 15 bars

Gluten-free, Dairy-free, Egg-free, Soya-free, Refined Sugar-free

- 100g dried dates, pitted
- 50g dried apricots
- 60g virgin coconut oil, melted
- 1/2 - 1 tps vanilla extract
- 1tsp almond butter (optional)
- 50g almonds
- 50g pumpkin seeds
- 50g sesame seeds
- 50g sunflower seeds
- 1tbsp banana powder (optional)
- 2tbsp bee pollen (if you don't have it, leave it out)

### Method

- Place all the ingredients into a food processor and blend until they stick together. You will need to scrape the sides down a couple of times to get to this point. If you don't have a food processor, make it with whole seeds, and chop the nuts into small pieces.
- Find an appropriately sized dish (depending on how deep you want your bars to be) and press the mixture firmly in.
- Place in the fridge for a few hours to set.
- If you want to add a chocolate top, melt some good quality dark chocolate (check ingredients) and pour over the top. Alternatively, buy the raw chocolate kit from Indigo Herbs.
- Place back in the fridge before cutting into bars and storing in the fridge.