

organic raw nut and seed bars

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1 cup almonds

1 cup cashews

@ 18-20 pitted deglet dates (about 16-18 using larger medjool)

1 cup dried cherries (chopped so they don't just stick on blade)

½ cup fine or medium shredded unsweetened coconut

½ cup sunflower seeds

¼ cup pumpkin seeds

¼ cup sesame seeds

¼ cup flax seeds

¼ cup cocoa nibs

1 T cocoa powder

1 T chia seeds (optional)

1 T hemp seeds (optional)

¼- ½ cup maple syrup

pinch of salt

Line a 10x14 glass dish or something similar to a 3qt pyrex glass baking dish with parchment paper.

Place almonds, cashews, dates and cherries in the food processor. Cover your ears and pulse a few times then leave on a minute or too till broken down and combined.

Add other ingredients and process till combined. Personally, I like it to still have some resemblance of nuts and seeds.

Carefully remove mix from food processor and press firmly into dish. Cover with plastic and smooth out with small glass cup.

Refrigerate overnight then cut into squares and store in tupperware.

