



DESSERT

Vital Breakfast Bars

Instead of buying protein and breakfast bars, make your own!

YIELD: Serves 12

INGREDIENTS

- 1 cup lightly toasted nuts (walnuts, pecans, and almonds)
- 1/2 cup Medjool dates
- 1/4 cup dried cherries
- 1/4 cup dried figs
- 2 tablespoons ground flaxseeds
- 2 tablespoons carob powder, or organic unsweetened raw cocoa powder
- 1 scoop organic protein + green powder
- 1 teaspoon Maca powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 tablespoon orange zest
- 2 tablespoons filtered water (or a little more if necessary)
- 1/4 cup unsweetened shredded coconut

DIRECTIONS

1. Using a food processor, grind nuts to a powder.
2. Add dates, cherries and figs to the food processor with carob powder, Maca powder, spices and zest and pulse until mixture forms into a ball. If mixture is too dry and stiff, add a little of the water.
3. Press "dough" into a shallow 9x13" pan or a smaller pan if thicker bars are desired.
4. Chill in the refrigerator for 1 hour then cut into bar shapes and carefully lift out of pan.
5. Store in an airtight container and keep refrigerated for up to 2 weeks.



NUTRITION GEM

Health Benefits of Maca, Almonds & Green Powders

Say adios to store-bought "health" bars loaded with sugars, bad fats, and low quality protein.

Maca — Maca, derived from the *Lepidium meyenii* plant, helps the body cope with stress, reduce anxiety and depression, enhance libido, hormone balance, and support fertility.

Almonds — Almonds have healthy fats, fiber, protein, magnesium, and vitamin E that supports blood sugar control, reduced blood pressure and cholesterol levels, and promotion of weight management.

Green Powders — Greens powders, made from algae such as spirulina or chlorella herbs, or dried green vegetables provide nutrients to improve nerve, liver and gut health, enhanced immune function, increased energy levels, and support detoxification.