

SUPER FOOD & RAW CHOCOLATE OAT BAR

Ingredients:

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| 1. Whole Organic Oats: 1 x cup | A |
| 2. Organic Cacao powder: 2 x Tbsp | B |
| 3. Organic Cacao Beans: 3 x Tbsp | C |
| 4. Coconut flakes: 2 x Tsp | B |
| 5. Flax/Lyn seeds: 2 x Tsp | C |
| 6. Pumpkin seeds: 2 x Tsp | B |
| 7. Sesame Seeds 2 x Tbsp | C |
| 8. Sunflower seeds: 2 x Tsp | B |
| 9. Nuts: ½ x Cup of in season nuts (almonds, Brazil, Cashew & Pecan) | B |
| 10. Goji berries: ¼ Cup | B |
| 11. Raw coconut oil/butter: 4 x Tbsp | B |
| 12. Honey: 2 x Tbsp (to taste depending on desired sweetness) | B |

Preparation:

1. Mill with a stone mill, all the A ingredients place in a bowl.

Remember once a grain berry has been rolled or milled, it is dead then and the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients will be lost and oxidized over time. Solution - only process (roll or stone mill) grains on demand. One can store grains for years under the ideal conditions.

2. Place the C ingredients SEPARITLY in the Personal Blender to grind.
3. Add all the A, B & C ingredients in a Magi Mix or a S-Blade food processor.
4. Switch the Magi Mix on and mix the all the ingredients to a uniform consistency of a thick dough.
5. Place the mixture on wax paper and roll flat with a fork and mark with a knife the size of bars.
6. Freeze for 20 min.
7. Break your lovely chocolate bars and enjoy!

Serve 6 people

Enjoy &

