

SUPER BREAKFAST BAR

Ingredients:

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

Preparation:

1. Mill the oat grain into a medium fine flower with a stone mill.

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. Grind the flax and sesame seeds SEPARATELY in the Personal Blender or coffee grinder.
3. Then grind the cacao beans SEPARATELY in the Personal Blender or coffee grinder.
4. Grind the nuts and the remainder soft seeds in a Magi Mix or a S-Blade food processor.
5. Add all the ingredients in the Magi Mix and mix the all the ingredients to a uniform consistency of a thick dough.
6. Place the mixture on wax paper and roll flat with a fork and mark with a knife the size of bars.
7. Deep freeze for ±30 minutes.
8. Break the chocolate bars as pre-cut bars.

Serve 6 people

Enjoy &

