

Hey Sweetie! Granola Bar

Wrap it up and take it to the gym, work, school or anywhere! This is pure natural energy that has been shaped into an easy to go bar, made with powerful ingredients such as maca powder from Peruvian Andes, wild raw honey and Turkish figs, full of antioxidants and amino acids. Pure, complex and tasty!

INGREDIENTS:

2 cups walnuts

1 cup pecans

1 cup chopped Turkish figs

1 tbsp orange zest

1 tbsp maca powder

¼ tsp vanilla powder

1 pinch sea salt

¼ cup raw honey

2 tbsp raw agave nectar



PREPARATION:

Place all the ingredients except for honey and agave nectar into a food processor and grind until you get a crumbly consistency. Add in the honey and agave nectar and keep blending until the mixture becomes soft and pasty.

Put the batter on a cutting board and start shaping granola bars.

Yes, it's that easy!

Recipe by Chef Perkunas



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