

***Raw Food Bars*** (raw, vegan, gluten and soy free)

These amounts are approximate...I don't actually measure

Approx. 2 cups raw organic cashews  
several organic pitted dates  
approx. 1/4 cup raw organic cacao powder  
approx. 1/4 cup raw organic cacao nibs

Approx. 1/3 cup shredded coconut

About 1/3 cup coconut sugar

Approx. 1/4 cup raw organic seeds (mix or use just your favorite): flax, chia, hemp, etc.

1 cup of softened raw organic coconut oil

(optional: other raw foods such as goji berries)

*Directions:*

- 1) Place the cashews into a food processor and process till they're well ground.
- 2) Add all ingredients to the food processor
- 4) Remove when everything's lumped together well (you might, at this point, wash your hands well and knead the mixture to be sure that the coconut oil is distributed evenly or just add the coconut oil at this point and knead it into the food mixture)
- 5) Spread lumped mixture in a 8 X 12 or 9 X 9 baking dish and press down with fingers to spread evenly...press firmly with the bottom of a drinking glass to compress it.
- 6) Refrigerate for about thirty minutes or more. Cut into bar shapes, and serve!
- 7) If there are any left-overs, keep them refrigerated.