



Eat in Peace Wellness Consulting

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SUPERSEED BARS

½ cup sunflower seed butter*
½ cup almond butter*
1/3 cup raw honey
2 ½ Tablespoon unrefined coconut oil, slightly melted
2 teaspoons vanilla extract

¾ cup, plus 3 Tablespoons SuperSeed Whole Food Fiber Powder by Garden of Life
¼ cup, plus 1 Tablespoon Whey Protein Complete by Standard Process, BioPure Whey Protein Powder from Metagenics or Goatein from Garden of Life
6 Tablespoons cocoa or carob powder
1 teaspoon sea salt
½ cup shredded, unsweetened coconut, optional

In two separate bowls, combine wet ingredients and dry ingredients; mix well. Add dry ingredients to wet ingredients and mix by hand. Press into a small pan greased with butter or coconut oil; refrigerate or freeze.

REALLY RAW HONEY BARS

4 cups nut butter*
1 ½ cups raw honey
2/3 cup carob or cocoa powder
½ cup melted coconut oil

Combine all ingredients in a large bowl. May add coconut flakes or additional nuts for texture. Press into a 9X13 inch pan or roll into balls. Can also top with coconut flakes. Refrigerate or freeze to extend freshness. Recipe courtesy of Really Raw Honey <http://www.reallyrawhoney.com/>

*Experiment with any combination of nut butters:

~Cashew butter

~Tahini

~Macadamia nut butter

~Pumpkin seed butter available from Omega Nutrition: <http://www.omeganutrition.com/home.php>

~Peanut butter made from Valencia peanuts. These are grown in a dryer climate, thus reducing the amount of mold (and its byproduct aflatoxin) found on peanuts.