



## Apricot & Cashew Bars

### INGREDIENTS

1 cup dried apricots  
 ½ cup raw cashews  
 ¾ cup shredded unsweetened coconut  
 1 cup rolled oats (porridge oats)  
 2 tablespoons agave syrup  
 1 tablespoons coconut oil, melted  
 2 tablespoons hemp seeds  
 ¼ teaspoon sea salt

### METHOD

Line an 8-inch baking pan with parchment paper and set aside.  
 Pulse cashews in food processor until crumbly, place in a separate bowl.  
 Pulse apricots in food processor until finely chopped. Add all other ingredients to the apricot mixture and process until well combined. Add the chopped cashews to the mixture and pulse until combined. Firmly press the apricot mixture into the baking pan, using the flat surface of a measuring cup to create a flat even layer. Place pan in the freezer for one hour, then remove and cut into 8 rectangle bars (or smaller bite size pieces). Place in an airtight container. They will store for up to one month in the fridge, alternatively keep in the freezer.)



## Raw Superfood & Seed Energy Bars

### DRY INGREDIENTS

1 cup pumpkin seeds  
 1 cup dried shredded coconut  
 1/2 cup sesame seeds  
 1/2 cup sunflower seeds  
 4 tablespoons chia seeds

### WET INGREDIENTS

20 fresh medjool dates, pitted  
 6 tablespoons coconut oil, room temperature  
 4 tablespoons raw cacao powder  
 1 teaspoon vanilla extract

### Add after blending:

6 tablespoons rolled oats  
 2 tablespoons poppy seeds

### METHOD

In a food processor or high speed blender, pulse the dry ingredients quickly. Do not over-process, you want it a little crunchy. Place the mixture in a bowl and set aside. Add half of the dates and the rest of the wet ingredients to the food processor. Run the processor for 30 seconds, then add the rest of the dates one at a time while the machine is running until the mixture is smooth. You might have to help out by stirring around a few times with a fork or add a dash of water. Pour the wet ingredients over the dry ingredients, add oats and poppy seeds and stir until well combined. Press the mixture evenly into a 11 x 7-inch baking dish, make sure it becomes quite compact. Place in the fridge for about 30 minutes. Cut into bars. Wrap them in paper and store in an air-tight container. Will keep for a week in the fridge. (Can also be stored in the freezer.)

## Coconut Balls

### INGREDIENTS

1 cup dried shredded coconut,  
 10 dates,  
 1/2 teaspoon vanilla essence,  
 1 tablespoon coconut oil,  
 1/2 cup oats,  
 2 tablespoons maple syrup (optional)  
 1 tablespoon seeds - flax or hemp or chia or seed mix

### METHOD

In a food processor or high speed blender, pulse all ingredients together.  
 By hand, roll mixture into individual bitesize balls.

Will keep for a week in the fridge. (Can also be stored in the freezer.)

## Berry Smoothie

1 banana,  
 1 cup berries,  
 1 cup coconut milk,  
 1/2 cup oats + seeds/nuts

## Green Smoothie

1 cup pineapple,  
 1 cup spinach,  
 1 cup coconut milk,  
 1/2 cup oats + seeds etc

(For both smoothies) blend ingredients in a food processor or high speed blender, pour into individual glasses and enjoy!