



Raw Chocolate-Salvia Energy Bars

These tasty chocolate bars are packed full of nutrition. Salvia is a rich, natural, vegetarian source of essential fatty acids, antioxidants, calcium, folate, iron, magnesium, potassium and protein.

1½ cups pitted dates
1/3 cup raw cacao
1/3 cup whole salvia seeds (Salba® or similar)
1 cup raw almonds (slivered)
Almond flour for dusting

Tools & Equipment: Measuring cups and spoons, mixing bowl, airtight storage container, wax paper, food processor.

Directions: Place dates in food processor and puree until a thick paste is formed. Add cacao powder and salvia seeds. Pulse until all ingredients are combined. Add almonds and pulse again until they are finely chopped and well distributed.

Place a large sheet of waxed paper directly onto your kitchen counter and dust it with almond flour. Pour the mixture onto the waxed paper and dust the top with a bit of almond flour. Place an additional piece of waxed paper on top and press the mixture into a ½" thick square or rectangular shape. Wrap and chill for several hours.

Once the mixture is well chilled (overnight), unwrap, cut into 8 bar-size pieces and serve.

Leftovers should be dusted with a bit of additional almond flour (prevents sticking) prior to storing in an airtight container in the fridge.

Suggestion: Try adding a ½-teaspoon of almond or vanilla extract for variety.

Yields 8 pieces.