



BLUEBERRY CACAO ENERGY BARS

🥄 PREP: 10 min
MAKES: 9 bars

- 1 cup dates
 - 1/2 cup ground flaxseed
 - 1/4 cup slivered almonds
 - 1/3 cup cacao nibs
 - 1/4 cup sesame seeds
 - 2 tablespoons chia seeds
 - 1/4 cup sunflower seeds
 - 1/2 tablespoon lemon juice
 - 3/4 cup dried blueberries
1. Pulse the dates in a food processor or blender until reduced to small chunks; set aside.
 2. Combine the flaxseed, almonds, cacao nibs, sesame seeds, chia seeds, sunflower seeds, lemon juice and processed dates in a mixing bowl; mix with your hands until all ingredients are combined into thick clumps.
 3. Add the blueberries and gently work in with the other ingredients.
 4. Transfer the mixture to a 9x9 pan and press down firmly into an even layer. Cover with plastic wrap and refrigerate for 2 hours.
 5. Cut into squares and store in an airtight container.