

# Sunshine's Protein Bars

Almond Coconut (adopted from Jane Barlow's Protein Bars)

## **In a big bowl mix these dry ingredients –**

10 scoops of vegan protein (I like Phood from Plant Fusion)

3 cups of GF oats

1 cup dried unsweetened coconut

1 cup flaxseed

1 cup chia seeds

1 cup hemp seeds

1 cup raw sesame seeds

1 cup raw pumpkin seeds

1 cup raw sunflower seeds

3 TBSP cinnamon

3 tsp sea salt

2 tsp powered Madagascar vanilla

## **In a separate bowl mix the following wet ingredients –**

6 cups almond butter (I like to get it freshly ground at Whole Foods)

3 cups organic coconut oil (fair trade if possible)

2 cups agave (fair trade if possible)

## **Tips**

Put the almond butter and coconut oil in a bowl and heat up the agave on low until its fairly hot and pour over almond butter and coconut oil to help blend them all. Stir the dry ingredients really well so that it is all blended evenly. Pour the wet ingredients over the dry ingredients and stir really well. This will make two full 9x13 pans. Refrigerate or freeze for several hours or overnight. You can cut the bars into any size you like. Cut up and store in glass containers. Keep cold until ready to eat; gets mushy if warm.