



Energy Bar*

Serving: 1

Veg

Ingredients

- -50 ml Coconut Oil
- -100 gms Almonds
- -30 gms Grounded Flax Seeds
- -15 gms Chia Seeds
- - $\frac{1}{2}$ scoop powder isopure dutch chocolate (optional)
- -Sweetener according to taste
- -Pink Salt (optional)

Preparation Method

- 1. Melt the coconut oil and measure it in a bowl.
- 2. Place a thick bottomed pan on low heat and pour the coconut oil in it.
- 3. Ground the almonds and keep them ready.
- 4. Put the grounded almonds in the oil and keep stirring.
- 5. Add the sweetener and keep stirring on low heat. If you feel that the oil is getting super hot, switch off the heat for three to four minutes.
- 6. Next add the grounded flax seeds and keep stirring.
- 7. Lastly add the iso pure dutch chocolate powder , and now when you will stir, you will see that the mixture will become nice and sticky.
- 8. Measure the chia seeds and add them to the pan and switch off the heat.
- 9. Line a baking tin with parchment paper and pour this mixture in it.
- 10. Keep the tin in the deep freezer for at least two hours.
- 11. After two hours you just need to lift the bar along with the paper and it comes out very easily.
- 12. Now chop it up into as big or as small pieces as you desire and store them in an air tight container in the fridge.