



Homemade Protein Bars



Protein Bars are the solution when you're out the door and haven't got time for breakfast.

Ingredients:

- 3/4 cup old-fashioned rolled oats
- 1/3 cup almond flour
- 1/3 cup salted dry-roasted whole cashews, chopped
- 5 tbsp hemp seeds

- 2 tbsp mini semisweet chocolate chips
- 2 tsp unsweetened cocoa powder
- 2 cup smooth natural cashew butter
- 3 tbsp water
- 1 tbsp unrefined coconut oil
- 1 tbsp pure maple syrup
- 2 tsp vanilla extract

Instructions:

1. Combine 3/4 cup oats, 1/3 cup almond flour, the chopped cashews, 5 tbsp hemp seeds, 2 tbsp chocolate chips and 2 tsp cocoa in a large bowl; stir well.
2. Combine 1/2 cup cashew butter, 3 tbsp water, 1 tbsp coconut oil, 1 tbsp maple syrup and 2 tsp vanilla in a small microwaveable bowl. Microwave on High until the coconut oil is melted, about 40 seconds. Stir until smooth; pour into the oat mixture and stir until well combined.
3. Line an 8.5x4.5-inch loaf pan with plastic wrap. Press the oat mixture firmly into the prepared pan, creating a compact, even layer. Freeze, uncovered, until firm, about 40 minutes. Remove from the pan; discard the plastic wrap. Cut into 8 (1-inch) bars.

Refrigerate in an airtight container for up to 4 days.

Super Healthy Granola Bars

Ingredients:

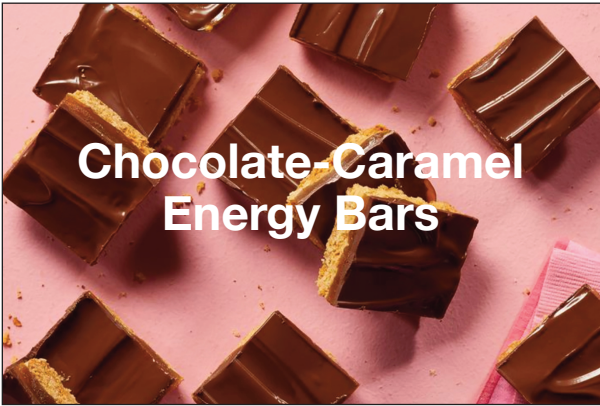
- 1/2 cup of no sugar applesauce or mashed banana
- 1/2 cup of peanuts only organic peanut butter (can use any nut or seed butter here)
- 1/3 cup of honey (use maple syrup to make it vegan or for a different flavour)
- 2/3 cup of unsweetened almond milk (can use any milk option here)
- 2 cups of oats
- 1/4 cup of ground flax seed
- 1/4 cup of hemp seeds
- 1/4 cup of cranberries
- 1/2 cup of dark chocolate chips
- 1/2 cup of chopped walnuts or pumpkin seeds

Instructions:

1. Preheat the oven to 350 degrees F. Lightly coat an eight-inch square pan with olive or coconut oil.
2. In a large bowl, whisk together the applesauce (or banana), peanut butter (or alternative) and honey (or

maple syrup). Once combined stir in the milk.

3. Stir in the oats, flax and hemp seeds with a spatula. Once combined stir in the additional nuts, seeds, chocolate and/or dried fruit.
4. Pour the batter into the prepared pan and spread evenly.
5. Bake for 30 minutes or until the edges are golden brown.
6. Let cool for minimum one hour before cutting.
7. Bars can be stored in the fridge in an air-tight container for five days, or in the freezer for 2-3 months.



Energy for those with a sweet-tooth

Ingredients:

- 1/2 cup old-fashioned rolled oats
- 3/4 cup white whole-wheat flour
- 1/4 cup packed confectioners' sugar
- 1/4 tsp salt plus a pinch
- 6 tbsp cold unsalted butter, divided
- 4 tbsp neutral oil, such as canola or avocado, divided
- 2/3 cup packed light brown sugar
- 1/3 cup agave nectar
- 1/2 cup semi-sweet chocolate chips

Instructions:

1. Preheat oven to 325°F.
 2. Spread oats in an 8-inch-square baking pan. Bake until lightly browned, about 5 minutes. Transfer to a food processor and let cool to room temperature.
 3. Once the oats are cool, add flour, sugar and 1/4 teaspoon salt. Process until the oats are finely ground. Cut 4 tablespoons butter into small pieces and add to the flour mixture. Drizzle 2 tablespoons oil into the processor. Pulse until the mixture is the consistency of coarse meal. Transfer to the baking pan and press mixture firmly into the bottom. Bake until lightly browned and firm to the touch, 25 to 30 minutes. Cool completely on a wire rack.
 4. Meanwhile, combine brown sugar, agave and the remaining 2 tablespoons butter, 2 tablespoons oil and pinch of salt in a small saucepan.
 5. Cook over medium heat, stirring, until the mixture bubbles and darkens and the sugar has dissolved, 3 to 5 minutes.
 6. Remove from heat and let cool for 5 minutes, then pour the caramel over the cooled shortbread. Refrigerate until firm, about 30 minutes.
 7. Place chocolate chips in a microwave-safe bowl and microwave on Medium until melted, 2 to 3 minutes. Spread the chocolate evenly over the caramel layer.
 8. Refrigerate until cold, about 30 minutes. Cut into 16 squares.
- Refrigerate bars for up to 1 week.

PRICES SUBJECT TO CHANGE

Applesnax no sugar applesauce -	620ml	\$5.79
Old-fashioned rolled oats - slow cooking	1kg	\$4.29
Almond flour	230g	\$6.99
Hemp seeds - organic dehulled	455g	\$16.99
Mini semisweet chocolate chips	230g	\$6.29
Light Dutch cocoa powder unsweetened	..230g	\$10.39
Nuts to You organic cashew butter	365g	\$16.99

Eat Wholesome Food Co. raw organic virgin coconut oil	500ml	\$15.79
Everland organic maple syrup	250ml	\$9.99
Ground flax seed	455g	\$2.59
Chopped walnuts	230g	\$5.39
Blue agave syrup	240ml	\$11.49
Natura unsweetened almond milk	946ml	\$5.29



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