

# CHOCOLATE CHIP + HEMP PROTEIN BARS

*By Emily Von Euw*





### Ingredients:

#### Chocolate chips:

- 1/4 cup melted cacao butter
- 1/4 cup cacao powder
- 1/6 cup maple syrup
- 1/2 teaspoon vanilla extract

#### Bars:

- 1 cup pecans
- 1 cup rolled oats
- 1 cup raisins
- 1 tablespoon melted cacao butter
- 1 tablespoon maple syrup
- 2 scoops hemp protein powder
- Pinch salt



### Instructions:

To make the chocolate chips: stir all the ingredients together until smooth. Spread evenly onto a plate lined with tinfoil or plastic wrap and put in the freezer. It will get hard in 10-15 minutes. Chop it up into chocolate chips and put back in the freezer.

To make the bars: grind the oats and pecans into flour in a blender or food processor. In a food processor, add all the ingredients together and process until you have a moist, rumby dough that holds its shape when pressed between two fingers.

Roughly mix your chocolate chips into the dough then press it all into a lined baking pan and put in the fridge or freezer until solid (2-3 hours or overnight). Chop into bars and keep in the fridge or freezer for whenever you need a nutritious protein snack!



**Emily Von Euw**

You can call me Em. I put tahini on everything. I dance a lot. I eat plants because I love my body, the planet, and other beings. When I eat food I want it to be beautiful, but not merely in taste. I want the foods I eat to nourish my body, spirit and mind, work symbiotically with the earth, and allow all earthlings their right for freedom and justice.

