



Chocolate Hemp Bars

24 servings

25 minutes

Ingredients

1 1/2 cups Hemp Seeds
 1 cup Walnuts (Finely chopped)
 2/3 cup Cocoa Powder (Little less then 2/3 cup)
 1/2 cup Protein Powder
 1/2 cup Unsweetened Shredded Coconut (Unsulphured)
 1/4 tsp Sea Salt (Dash)
 1 cup Almond Butter
 2/3 cup Tahini
 1/3 cup Raw Honey (Substitute organic molasses)
 2 tbsps Coconut Oil
 1 tbsp Vanilla Extract (Organic)

Directions

- 1 In a bowl combine hemp seeds, nuts, cocoa, protein powder, salt and coconut
- 2 Add almond butter, tahini pasta, honey, coconut oil, and vanilla. Mix until well blended. Refrigerate for 10-15 minutes, then shape into 1 inch balls or cookies. Keep refrigerated until ready to serve

Notes

Notes: Makes about 6.5 dozen (80)

Brain-boosting Snack: Lots of anti-inflammatory and neural-protecting fats, and magnesium-rich cocoa essential for production of neurotransmitters make this the perfect snack to tap into the power our brain provides us in working toward our wellness goals.

Nutrition

Amount per serving	
Calories	239
Fat	20g
Carbs	11g
Fiber	4g
Sugar	5g
Protein	9g