



One of my all time favorite snacks, is a bar. It so easy to pack, to carry and to eat. The Chakra Kitchen by Sarah Wilkinson, cookbook have so many yummy recipes and I love to share this one with you.



Ingredients:

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|--------------|------------------------|
| 1 Cup/125g | Mixed Nuts |
| 1/4 Cup/30g | Ground Golden Flaxseed |
| 1/4 Cup/35g | Sunflower Seeds |
| 1 Tablespoon | Maca Powder |
| 2 Teaspoons | Ground Cinnamon |
| 1/3 Cup/40g | Goji Berries |
| 1/2 Cup/100g | Soft Dried Figs |
| 1/2 Cup/100g | Soft Dried Apricots |
| 1/2 Cup/75g | Pitted Dates |

Mixed it all together in a food processor and firmly pressed it all down. Cut in bite size squares or in bars.

I play around with the ingredients a lot. I also like to add cacao powder instead of cinnamon. Keep in mind that it is the soft figs, dates and apricots that 'holds' everything together.