

Chia Flax & Hemp Seed Protein Fiber Bars

*** PREP: Soak your chia seeds to hydrate them. Minimum 20 minutes. Stir into 2 TBS of coconut milk until all seeds are coated. Soak 20 minutes.

*** TIP: Warm up a small pan. Add 2 TBS ghee. It will melt relatively quickly. If you put this in your measuring cup before the honey, then the honey will slide right out.



Ingredients

- 2 TBS Melted Ghee
- 1/3 to 1/2 CUP honey
- 3/4 CUP almond butter or sunflower butter
- 2 TBS Chia seeds soaked in
 - 2 TBS coconut milk
- 2 TBS Hemp Seeds
- 2 TBS fresh ground flax seeds
- 1-1/2 CUP rolled oats
- 1 TBS Ground Cardamom
- Pinch Sea Salt

Per Serving:

Protein: 7 grams | Fiber: 12 grams



Instructions

1. Soak chia seeds & Pre-heat oven to 350 degrees.
2. Melt ghee.
3. Combine melted ghee, almond butter and honey.
4. Wait patiently for next 15 minutes (so you can add the chia seeds after they soak)
5. Add chia seed coconut milk mixture.
6. Add ground flax seeds, hemp sees, oats, cardamom and sea salt.
7. Press into 8x8 baking pan.
8. Bake at 350 for 20 minutes. Cool before cutting.

Don't despair about time: These take less than 5 minutes to put together (once the Chia seeds have soaked). While you wait for the seeds to soak, do your lymph yoga routine. While you wait for them to bake, do some gentle yoga. While they are cooling, do your savasana and meditation.



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