

## SuperPower Bars~ Sarah Roberts

**Why I make these:** About 10 years ago, during a visit with my parents on Vancouver Island, my Mom took me to her favourite health food store, *Naked Naturals*. I bought a “Green Bar” and each time I visit, getting one of those bars is at the top of my list!

I have been trying to replicate the recipe ever since that first bite, and this is as close as I can get, using several Superfoods, such as coconut oil, spirulina, and Goji berries. Introducing the SuperPower Bar. 😊

### INGREDIENTS

1/3 Cup Spirulina Powder  
1/3 Cup Sesame Seeds  
½ Cup Raw Pumpkin Seeds  
½ Cup Ground Flax Seeds  
2 Tablespoons Whole Flax Seeds  
1-2 Tablespoons Goji Berries  
2 Tablespoons Dried Cranberries  
1 ¼ Cups Quick Cooking Oats  
3 Tablespoons Maple Syrup  
1 Cup melted Coconut Oil  
½ Cup Almond Butter

### DIRECTIONS

Combine all ingredients in a large bowl and mix well.

Pour into a parchment-lined cake pan (I use a 9” x 13” pan).

Place in fridge for at least an hour, until set. (I am sure you could pop them in the freezer for faster setting).

Remove and place onto a cutting board.

Cut into 12 bars.

Wrap individually and store in the fridge.

**Note:** the coconut oil melts quickly in your hands, so these are best enjoyed right out of the fridge. 😊