
Linda's Fibre Bars

1/3 cup	tahini (sesame butter)
1/3 cup	almond butter
1/3 cup	mushy dates
1/4 cup	honey
2 1/2 tbsp	extra-virgin coconut oil (you can use butter if you cannot find this)
1 tsp	vanilla extract
1/3 cup	whey or rice protein powder
1/2 cup	cocoa powder
3/4 cup	ground flax seeds

To make mushy dates, put 1/3 cup dried dates in a small saucepan with a bit of water, heat on low-medium, and mash together until pasty. To make bars, blend wet ingredients together first. Ensure all ingredients are at room temperature or coconut oil will get stiff and become difficult to blend. Then add protein powder, fibre, and cocoa last. Press into a greased 9" x 9" pan and refrigerate, covered. After an hour, slice into squares and store in a sealed container. Will last two weeks in fridge.

Variations –

Add re-hydrated diced cherries and chopped walnuts.

Skip the cocoa and add diced raisins, chopped almonds, and sesame seeds.

Skip the cocoa and add chopped apples, walnuts, and cinnamon.

Skip the cocoa and add chopped almonds, pecans, ginger, cinnamon, and a pinch of cloves.

Adapted from Linda White.

Nutritional Values of Selected Ingredients

Flax seeds - are a great laxative, and are high in essential fatty acids (EFA's) (when ground or chewed). They are full of anti-cancer lignans and phytoestrogens.

Honey – This is a natural sweetener that contains vitamins, minerals, and propolis. It is a great source of magnesium. A whole food, honey is an excellent replacement for brown or white cane sugar, which is detrimental to our health. Any sweetener, though, should be eaten in moderation, but when you do need to sweeten, try honey instead.

Tahini – is a fine paste of ground sesame seeds. By weight, sesame seeds are higher than liver in iron. They are also high in calcium, magnesium, protein, fibre, other vitamins and minerals, and EFA's.

Coconut oil – the oil from the coconut are monosaturates of the omega 7 family. Tropical oils have been part of a healthy tropical lifestyle for thousands of years, and are very stable for cooking.