Eat **Healthy Snack Healthy Superfood Seed Bars**

*Boost your nutrition, even while you snack!*
*by Nina Spiegel, Nutritionist for Graf Center for Integrative Healing.*

This nut-free, mineral-rich bar is delicious, high in protein, zinc, calcium, and essential fatty acids. This makes a great post-workout or anytime snack!

**Ingredients:**
- ½ cup organic real maple syrup or organic agave
- ½ cup raw tahini
- ¼ cup coconut oil, warmed to liquid
- 1 vanilla bean scraped or tsp of vanilla powder
- 1 cup pumpkin seeds
- 1 cup sunflower seed
- ½ cup goji berries
- ½ cup shredded coconut
- ¼ cup sesame seeds
- ¼ cup cocoa nibs
- ¼ cup hemp seed

**Instructions:**

In food processor combine maple syrup (or agave), tahini, coconut oil and vanilla until smooth; remove to a clean bowl and set aside.

In a medium size mixing bowl combine all remaining ingredients. Add the maple syrup mixture and mix well. It will be pretty sticky.

Take ½ of the mixture and place it in a clean food processor; process until mixture breaks into small pieces. Transfer it back to the mixing bowl and combine it with the remaining mixture using your hands.

Press the mixture into an 8 x 8 pan lined with parchment paper and place it in the freezer until firm; about 30-60 minutes.

Cut the bars into the desired pieces and store in the refrigerator or freezer. This will keep 1-2 months in freezer.