



TOTALBALANCE
PHYSIOTHERAPY BAYSIDE

Super Seeded Snack Bars

Ingredients:

1 cup sunflower seeds
1 cup pumpkin seeds
2 cups dates
1 cup desiccated coconut
¼ cup hulled tahini
4 tbsp coconut oil
3 tsp vanilla
Zest of 1 ½ lemons
1 tsp cinnamon
¼ tsp sea salt

Add all ingredients to a food processor and blend until combined but still retaining some texture. The mixture should hold together when you press some between your fingers.

Press into a lined tray and place in the freezer for at least an hour to set.

Store in the freezer for up to 3 months, or in the fridge for up to 2 weeks.

Enjoy!