

Vegan Freedom Energy Bars: (Allergen-free, low-glycemic: Gluten Free, Soy free, Dairy free)

By Stephanie Segretto

2 cups Go Raw © sprouted homemade sunflower seeds butter (seed butter recipe below)

1 cup dried cherries, unsweetened and unsulphured (I use Trader Joe's©)

17 organic Medjool dates, chopped

2 scoops Garden of Life Raw Protein© powder

½ cup Bob's Red Mill© organic whole ground organic flaxseed meal

2 TBS room temperature Nature's Way EFA Gold© Organic pure extra virgin coconut oil

Directions:

Mix above ingredients with clean hands. Form into bars or balls. Chill for one hour. Store in an airtight container in the refrigerator.

Variations: Can add dried Turkish apricots, GF chocolate chips, unsweetened coconut, unsulphured raisins, etc.

Makes 24, 2-ounce bars.

Sprouted Sunflower Seeds Butter

2 cups Go Raw © sprouted sunflower seeds

Vitamix or other high powered blender/food processor

¼ cup Nature's Way © Extra Virgin Coconut Oil, melted but not hot

Put sunflower seeds in unit. Drizzle in ¼ cup coconut oil.

If using a Vitamix: keep at 1, then quickly turn up to 10 and high. Using tamper, puree into butter for a total of one minute.

If using a food processor: place sunflower seeds in processor and run it on high speed until a paste forms, roughly 30 to 45 seconds.

Check the consistency of the sunflower seed butter. Leave pieces of seeds for a "chunky" version or blend until completely smooth.

Add the coconut oil -- mix for a few seconds to incorporate the oil.

Adapted from: [How to Make Sunflower Seed Butter | eHow.com http://www.ehow.com/how_5138087_make-sunflower-seed-butter.html#ixzz1xKggwlap](http://www.ehow.com/how_5138087_make-sunflower-seed-butter.html#ixzz1xKggwlap)

Nutrition Facts: 24, 2-ounce Servings

Amount Per 2-ounce Serving

Calories	199.5	Total Carbohydrate	22.5 g
Total Fat	39.5g	Dietary Fiber	3.6g
Saturated Fat	4.2g	Sugars	15.3
Polyunsaturated Fat	2.7 g	Protein	6.7
Monounsaturated Fat	2.0 g	Vitamin A	1.4%
Cholesterol	0.0 mg	Vitamin B-6	4.8%
Sodium	71.1 mg	Vitamin C	0.0%
Potassium	184.6 mg	Vitamin D	21.5%
Vitamin E	3.9%	Pantothenic Acid	2.0 %
Calcium	2.1%	Phosphorus	6.1%
Copper	8.1%	Riboflavin	1.9%
Folate	3.3%	Selenium	2.7%
Iron	5.2%	Thiamin	2.6%
Magnesium	7.4%	Zinc	3.2%
Manganese	7.6%	Niacin	3.4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*Sugar content comes from cherries and dates; cherries are 22 and dates are 39 on the glycemic index; typical target is 100/day or less

References: <http://www.livestrong.com/article/427337-the-glycemic-index-of-cherries>;

<http://nutritiondata.self.com/facts/fruits-and-fruit-juices/7348/2>; <http://www.ncbi.nlm.nih.gov/pubmed/12070575>

Where to buy:

Most ingredients can be purchased through [Vitacost.com](http://vitacost.com) or the following stores:

Sunflower seeds: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=57>

Go Raw sprouted sunflower seeds: http://www.goraw.com/products/Sprouted_Sunflower_Seeds (Wegmans)

Whole foods organic dried cherries, unsweetened: Whole Foods

Garden of Life Raw Protein powder:

<http://www.gardenoflife.com/ProductsforLife/SUPPLEMENTS/FoundationalNutrition/RAWProtein/tabid/1894/Default.aspx>

(Whole Foods, MOM's Organic-Herndon)

Bob's Red Mill organic whole ground organic flaxseed meal :

<http://www.bobsredmill.com/flaxseed-meal.html> (Wegmans, Whole Foods)

Organic Medjool dates: Wegman's, Whole Foods

EFA Gold® Organic extra virgin Coconut oil: <http://www.naturesway.com/Products/Energy-Endurance/15673-EfaGold-Coconut-Oil.aspx> (Wegman's)