



The
Green
Boheme

*Casual Café*Ready-made Meals for Pick up & Delivery *Raw Food Prep Classes *Catering
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Energy Bars!

Cacao-Goji Bars

- 2 1/2 cup Almond crumbs
- 1 1/2 c soaked cashews
- 1/2 cup hemp seeds
- 1 tsp vanilla powder
- 1 tsp lemon zest
- 3/4 cup raw honey or grade B maple syrup
- 1/4 cup maca powder
- 1/2 cup cacao nibs
- 1/2 cup soaked goji berries (soak for 20min)

Orange-Poppyseed Power Snacks

- 2 cups soaked cashews
 - 1 cup soaked sesame seeds
 - 2 cups soaked pecans
 - 1/2 cup orange zest
 - 1/2 cup chia seeds
 - 3 Tb maca powder
 - 2 Tb mesquite powder
 - 2 tsp mucuna
 - 2 cups RAISINS
- 1/4 cup POPPY SEEDS*

For the Cacao-Goji Bars: Using unsoaked or soaked then dehydrated Almonds, make into “meal in food processor using the “S” blade. Remove and set aside. Set aside soaked goji berries and cacao nibs. All other ingredients put into food processor and combine, using the “S” blade again. Add the mixture to the Almond Meal, Gojis, and Cacao Nibs. Put into a 9” square springform pan lined with wax paper. Dehydrate for 6 hours, then remove springform and cut into bars. Place on Dehydrator tray and continue to dehydrate until desired texture. Bars will last in fridge for up to 1 month.

For Orange Poppyseed Power Snacks: Place all ingredients into the food processor outfitted with the “S” blade, taste to adjust sweetness as desired. Using a small Ice Cream scoop, scoop onto Teflex lined dehydrator trays and dehydrate until desired texture, about 8hrs. Store in fridge up to 1 month.