



No-Cook Ultimate Cereal & Date Bars

Ingredients:

1 cup Fieldstone Organics Ultimate Whole Cereal (Soaked in equal part water for 12-24 hours)

5 cups Chopped Dates

1 cup Hemp Hearts

¼ cup Raw Cacao Powder

¾ Peanut Butter

¼ Honey

1 tbsp Coconut oil

Procedure:

In a large pan, gently warm the dates in the coconut oil until soft and sticky. Remove from heat and gradually add all other ingredients and mix well. Transfer mixture and compact into a non-stick loaf tin and refrigerate. Once chilled, slice into bars.

