

Hemp Seed Protein Bars

On low- medium heat melt:

1.5 cups Brown Rice Syrup

1 cup almond butter/ peanut butter/ – if nut free just use ¼-1/2 cup tahini

2 tbsp- 4 tbsp cocoa powder (optional)

Once mixture is melted add:

1-2 cups hemp seeds (add more if you are not adding nuts and seeds)

1 cup rice krispies/ rice puffs/ whole oats/.....for texture

Nuts and seeds optional

Add ingredients until the syrup is full! Press mixture into a pan and refrigerate. Can store bars in fridge or freezer.