

Chickpea Energy Bar

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Owner and Chef

Shine Restaurant & Potion Bar

Ingredients

- 1 Can (15.5 oz) Garbanzo Beans
- 1 T Coconut Oil (for greasing the pan)
- ½ Cup Almond Butter or Sunflower Seed Butter
- 1/3 Cup Maple Syrup
- 2 t Vanilla Extract
- ½ t Salt
- ¼ t Baking Powder
- ¼ t Baking Soda
- 1/3 Cup Chocolate Chips (Lily's Brand is best)
- Coarse sea salt for sprinkling (optional)

Steps

- Preheat oven to 350*
- Grease 8x8 pan with coconut oil
- In a food processor, add all ingredients except chocolate chips
- With a spatula, Scrape all blended ingredients into a bowl
- Fold in chocolate chips
- Bake for approximately 25 minutes, pull out of the oven and sprinkle with coarse sea salt
- Cool 15-20 minutes and cut into squares
- Refrigerate for up to 3 days



Boulder Community Health