

# Superfood Power Up Bars

**Prep: 0 min Cook: 0 min Total: 0 min Servings: 12**

Calories: 675 Fat: 41g Protein: 19g Carbs: 66g Fiber: 0g

## Ingredients

- 1 3/4 cups raw almonds
- 2 tsp vanilla extract
- 1 tsp kosher salt
- 4 cups rolled oats
- 1 cup shredded coconut
- 1 cup dried fruit, chopped
- 1/2 cup pumpkin seeds
- 1/4 cup BBF Organic Chia Seeds
- 1/2 cup BBF Organic Superfood Blend
- 1 cup BBF Organic Blue Agave
- 1 cup BBF Virgin Organic Coconut Oil
- 1/2 cup PBfit Classic

## Directions

1. In a hi-speed blender or food processor, combine LIVfit Superfood Blend, almonds, agave, melted coconut oil, vanilla and salt. Blend until smooth. When melting your coconut oil, make sure that it does boil. Melt it halfway, and then stir the oil to continue melting it. If your food processor has difficulty blending items, you can chop the almonds into smaller pieces before you blend everything.
2. Next you will want to combine all of your dry ingredients. In a large bowl, combine PBfit with the oats, shredded coconut, dried fruit, pumpkin and chia seeds. Stir the agave almond mixture into dry ingredients. The mixture will be thick, mix the ingredients until the dry goods have been completely covered by the agave blend.
3. Spread the mixture into a lined pan. Cover the top of the superfood energy bars with wax paper and press evenly to compact. Slice into small bars. If the bars are not coming out in clean squares, you can briefly refrigerate the pan in order to further solidify the mixture.
4. Enjoy your Superfood Power Up Bars!