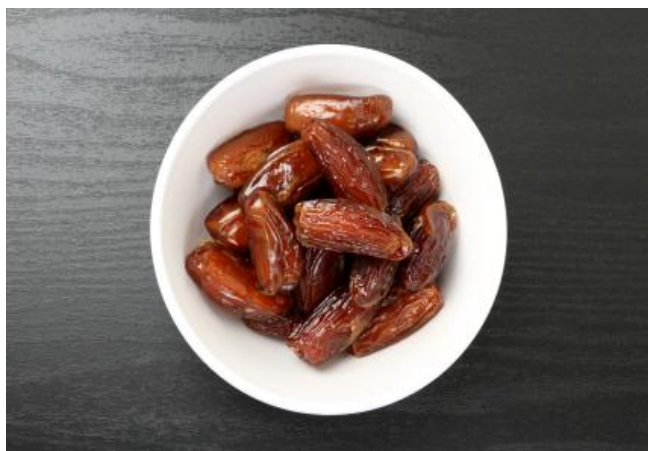


DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Mango Coconut Energy Bars

From the book Thrive by Brendon Brazier



$\frac{3}{4}$ cup fresh or soaked dried dates
 $\frac{1}{2}$ cup chopped mango
 $\frac{1}{2}$ cup ground flaxseed
 $\frac{1}{2}$ cup soaked or cooked quinoa
 $\frac{1}{4}$ cup macadamia nuts
1 tsp cinnamon
1 tsp lemon zest
Sea salt to taste
 $\frac{1}{4}$ cup shredded coconut

In a food processor, process all ingredients together except coconut until desired texture is reached. Remove the mixture from the food processor; work coconut into it by hand. There are two ways to shape the bars: You could roll the mixture into several balls, or shape it into bars.