

Carrot, Beet, Ginger, Turmeric, Apple, Date Breakfast Bars

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10/18/19 - Moon in Aquarius - Sun in Libra

Ingredients:

- ❖ (~2 cups) juice pulp from juicing:
 - ❖ 5 carrots
 - ❖ 1 beet
 - ❖ 1 apple
 - ❖ 1" piece ginger
 - ❖ 1 " piece turmeric
- ❖ 5 dates
- ❖ 1 cup oats
- ❖ 2 Tbsp Maple syrup
- ❖ ½ tsp vanilla
- ❖ ¼ cup ground flax meal
- ❖ ¼ cup chia seeds
- ❖ ¼ cup sunflower seeds
- ❖ ¼ tsp cardamom
- ❖ ½ tsp coriander
- ❖ ¼ tsp cinnamon
- ❖ ⅛ tsp cloves
- ❖ ¼ tsp salts
- ❖ ½ cup dark chocolate chips (optional)
- ❖ 2 Tbsp plant based milk (optional)



Method:

1. Add all ingredients to a food processor. Blend until all ingredients are well incorporated.



2. Pour mixture onto wax/parchment paper and shape into desired thickness and shape.



3. Melt $\frac{1}{2}$ cup dark chocolate chips (optional) + 2 Tbsp plant based milk (optional) together in a saucepan over low heat. Stir until well mixed and then pour over bars.



4. Place in refrigerator for a few hours and then cut with a sharp knife into any shape of your choice.
5. inj0y!!!