

Sesame-Spirulina Bars

Don't you love how a dessert can also be a super-powered tonic?

10 min.

Yield: 12-16 servings

$\frac{1}{2}$ cup coconut oil

$\frac{1}{3}$ cup honey

$\frac{1}{2}$ teaspoon Celtic salt

1 teaspoon vanilla extract (optional; not a raw product)

$\frac{1}{4}$ cup spirulina powder

$\frac{3}{4}$ cup sesame seeds (I use black sesame seeds,
but regular, unhulled sesame seeds are fine)

$\frac{3}{4}$ cup pine nuts

Combine all ingredients in a bowl and mix thoroughly. Press the mixture into an 8" x 10" glass pan. Refrigerate the mixture for 1 hour and cut it into squares before serving.
