



Outdoor Recipes for Camp & Trail Vegan Energy Bar

We'd like to introduce you to Tim Englert, a bay area PAF member, regular participant in the annual Cancer Climb for Prostate Awareness expeditions and the PAF weekly hiking group. Tim has a great trail bar recipe that we really like. It's packed with healthy ingredients and supplies "good calories" and an energy boost for those long hiking days. We think you will really enjoy this nutritious snack.



1 cup almonds
½ cup walnuts, hazelnuts or other nuts
½ cup pumpkin seeds
¼ cup carob powder
¼ cup unsweetened hemp protein powder
¼ cup Maca powder (from health food store or online)
½ cup unsweetened shredded dried coconut
½ teaspoon each of pumpkin pie spice, nutmeg, allspice carrot

1 cup Medjool dates
½ cup Unsweetened dried cherries
½ cup dried Black Mission figs (fruits usually found at Trader Joes's) to
1 teaspoon vanilla extract
2 teaspoons water if needed

To Prepare:

Grind nuts in a food processor then add the rest of the dry ingredients and mix well. Set aside.

Pit the dates if necessary, then grind in a food processor with the other dry fruit. Add vanilla. Slowly add dry ingredients. It should form a large mass which you can knead into a coherent ball the consistency of chewy brownies. If it's too dry to hold together, carefully add water 1 teaspoon at a time, it doesn't take much. If it is too sticky add a small amount of protein powder.

Knead the mixture until it holds together well, then press into a large glass baking pan lightly oiled with olive or coconut oil. Sprinkle shredded coconut on top, refrigerate two hours, and then cut into squares. If your food processor is on the smaller side, halve the amounts shown. Based on a recipe from Bauman College.