

## Chocolate Bark Holiday Treats

### Ingredients:

3 tablespoons coconut oil  
¾ cup almond butter  
½ cup cacao powder  
2 tablespoons maple syrup  
pinch of sea salt  
2 tablespoons pumpkin seeds  
2 tablespoons goji berries  
2 tablespoons hemp hearts\*

### Directions:

Line an 8 x 8 inch pan with parchment paper. Melt coconut oil and add almond butter, cacao powder, maple syrup, and sea salt. Stir until everything is blended. Evenly press mixture into parchment-lined pan. Sprinkle with pumpkin seeds, hemp hearts, and goji berries, lightly pressing them into chocolate mixture. Place in freezer for 30 minutes. Store in an airtight container in the fridge for up to two weeks.



## No-Bake Carrot Cake Balls

### Ingredients:

¾ cup unsweetened shredded coconut  
6 Medjool dates, pitted  
¾ cup walnuts  
½ cup grated carrots  
¼ cup hemp hearts  
¼ cup honey  
1 tsp pure vanilla extract  
1 tsp cinnamon  
½ tsp nutmeg  
¼ tsp ground cloves

### Directions:

Reserve ¼ cup shredded coconut in a shallow dish for rolling. Place remaining ingredients in a high-powered food processor and process until fully combined. Form mixture into 1-inch balls and roll in reserved shredded coconut, coating balls completely. Transfer to a baking sheet and refrigerate for a few hours or overnight. Keep chilled, or freeze in an airtight container for a few months.

*Recipe from Clean Eating magazine*



\* Hemp hearts, also known as shelled hemp seeds, are an excellent source of protein, dietary fiber and fatty acids. You can find my favorite brands, Manitoba, Nutiva, and Navitas at Whole Foods, GNC and online.