

## Power Balls (or Bars)

½ cup raisins  
½ cup dried cranberries (or sub another similar dry fruit)  
½ cup oats  
¼ cup ground flaxseed  
½ cup raw pepitas (pumpkin seeds)  
½ cup raw pecans  
⅓ cup unsweetened shredded coconut (optional)  
¼ tsp. salt  
½ tsp. vanilla extract  
a few dashes of cinnamon  
2 tbsp. liquified coconut oil

Add ingredients to a food processor and mix until ingredients stick together.

Form into balls, or to make bars, pour out mixture onto a piece of parchment paper. Fold sides onto top so you can roll it between parchment paper to form a rectangle. Then cut into strips.

Place in freezer for 30-60 minutes or until hardened. Store in fridge.