

# Make Your Own Health Food Bars

This post is dedicated to my past, current and future detox groups who are actively taking part in regaining their birthright...radiant health, through traditional ways. One of those ways is by making our own snack bars. I call them LisaBars...kind of a play on the ready made LaraBars that are my go to if I'm traveling.

(Thanks for the motivation to finally put this on my page Sue, Melanie and Diane!)

Here's what you'll need:

3 cups dates (pitted)

1 1/2 cups cashews\*\*\* (can be pieces)

1/2 cup almonds\*\*\*

1 cup pumpkin seeds\*\*\*

1 tsp sea salt

1 1/2 cups organic coconut chips (could use a cup of shredded instead)

Place dates in food processor and process on low for about a minute. Scrape sides and add nuts. Continue to process for about a minute and a half on low...scraping sides as necessary. Add salt and coconut chips (half cup at a time works well) and process on low for 2 minutes. Add pumpkin seeds and process on low for about a minute. See if when you squeeze the mixture it sticks together, if so, you're ready to roll it out. If not, process at 30 second intervals and recheck.

Plop the mixture onto parchment paper, cover it and roll it out to about 1/2 inch thick. Cut into rectangles (or any shape you want, really), wrap individually with parchment paper, and place in frig or freezer. An alternate choice is to roll into 1 1/2 balls.

\*\*\*I try to get organic nuts and seeds if at all possible. Also, when we are preparing foods traditionally, we soak and dehydrate our nuts and seeds to neutralize their innate anti-nutrients. Do NOT soak cashews more than 6 hours. I encourage you explore [the techniques and reasons why here.](#) If you have a choice between raw and roasted nuts and you don't have time (or energy) to soak and dehydrate, choose the roasted ones.

GET CREATIVE: I often will take part of the batch and grate lemon zest into it for a lemon zingy bar. Go by taste. For this size batch, I would use about a tablespoon. You can also use cinnamon and/or cardamom, dried cherries and other fruit, depending on your taste buds. Don't have the specific nuts listed above...use what you have. Allergies? Respect them (and explore [GAPS](#) to heal them) and use what your body can tolerate.

Remember...food is medicine. Make tasty traditional choices and you can thrive...for REAL!

Here are the steps in pictures:



Make sure you take out the pits



Add the nuts



mixed up before the coconut chips



it's oily after the coconut chips and pumpkin seeds – yum!



roll between parchment paper  
to 1/2 inch thickness (or  
more if you like)



Take off the top layer of  
parchment paper and press  
around the edges if there  
are crumbles



Cut into bars



Wrap in parchment paper and  
store in frig or freezer