# **RAW ENERGY RECIPES**



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# Homemade Energy Bars Raw food

Homemade Energy Bars Recipe Ingredients About 6 bars. 1.5 cups dates (or mix) 1 cup nuts (i.e. raw cashews, almonds, pecans, or mix) Pinch of salt. Directions. Pit the dates and place in a bowl. Turn the dates into a paste. I use a knife and cut them in small pieces. If you do it in a blender or food processor, the dates stick to the knifes. http://ebookslibrary.club/Homemade-Energy-Bars-Raw-food.pdf

#### **Raw Energy Balls Recipe MALLORIE OWENS**

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# Raw Energy Balls von greenVpower Chefkoch de

Raw Energy Balls, ein leckeres Rezept mit Bild aus der Kategorie Frucht. 15 Bewertungen: 4,1. Tags: einfach, Frucht, Konfiserie, Schnell, Vegan, Vegetarisch

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