

# U B Bar

## Ingredients:

- 2-1/2 cups natural peanut or almond butter
- 1 cup honey / agave nectar
- 1/2 cup molasses
- 1 cup chopped dates
- 1/2 cup raisins
- 1/4 green powder
- 1 cup protein powder (brown rice protein)
- 1/4 cup wheat bran / sesame seeds

## Preparation:

In a double boiler, warm the nut butter, honey and molasses to a smooth consistency. This step can be done in the microwave as well--just heat both ingredients for 70 to 90 seconds.

In food processor, combine dates and raisins.

In a mixing bowl, stir together all remaining dry ingredients.

Pour in the peanut-butter mixture and stir until completely combined.

Add date and raisin mixture and mix well.

Spread uniformly into a brownie pan. Slice into pieces, and then wrap each piece in plastic wrap.

