

Beet, Mango & Matcha Energy Bars

By Katie Mae, *PlantzSt.com*

Makes 12 bars | Ready in 75 minutes | Stores 1 week in fridge

DRESSING INGREDIENTS

- 2 tablespoons ground chia seeds (½ oz)
- 2 tablespoons lemon juice
- 1¼ cup cooked beets (8 oz)
- ¾ cup chopped dried mango (2 oz)
- 9 Medjool dates, pitted (6 oz)
- 1 tablespoon matcha powder (optional)
- ½ –1 teaspoon ground turmeric
- large pinch of finely ground black pepper
- ¾ cup quinoa flakes (2 oz)
- ¾ cup walnuts (2 oz)
- ½ cup pumpkin seeds (2 oz)
- ½ cup coconut flakes (1 oz)(optional)

ACTION STEPS

1. Add the chia seeds, lemon juice, water to a small bowl. Stir and set aside.
2. Preheat the oven to 300°F. Line a baking sheet with parchment paper.
3. Add the beets, mango, dates, matcha powder, turmeric, and black pepper to a food processor. Process until it is well combined, but still semi-chunky.
4. Add the chia mixture and quinoa flakes. Pulse a couple of times. (The pulse button helps prevent over-processing.)
5. Now add the walnuts, pumpkin seeds, and coconut flakes. Pulse just a bit more (seconds) to get your desired consistency.
6. Spread the batter into a thin layer across the prepared baking sheet. If it doesn't reach the sides, shape it so the edges are straight making it easy to cut into bars.
7. Bake for 60 minutes. Let it cool to room temperature before slicing into bars and storing them in an air-tight container.

Recipe and photos online here >> <https://plantzst.com/beet-mango-matcha-energy-bars/>