



Mindful Nutrition Coach™  
NUTRITION BEYOND THE PLATE

## Nutty Chocolate Brown Rice Energy Bars

### Ingredients

- ¼ cup molasses
- ¼ cup date syrup
- ½ cup nut or seed butter (almond, cashew, or sunflower seed)
- 2 tbsp solid coconut oil
- 3 ½ cups organic brown rice cereal
- ½ cup dairy-free chocolate chips
- 2 tbsp chia seeds or hemp hearts (optional, for extra nutrition)
- ½ tsp cinnamon or a pinch of sea salt (optional, for flavor depth)

### Directions

1. Line an 8x8-inch baking pan with parchment paper.
2. In a medium saucepan over low heat, combine the molasses, date syrup, nut/seed butter, and coconut oil. Stir until smooth and fully melted. Remove from heat.
3. Stir in cinnamon or salt if using.
4. In a large mixing bowl, combine the brown rice cereal and chia seeds/hemp hearts. Pour the warm syrup mixture over the cereal and stir until everything is evenly coated.
5. Gently fold in the dairy-free chocolate chips.
6. Transfer the mixture into the prepared pan, pressing it firmly with a spatula to create an even layer.
7. Refrigerate for at least 1 hour, or until firm.
8. Slice into bars or squares and enjoy a wholesome, naturally sweet snack.



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## Naturally sweet, nourishing, and ready to fuel your day

These naturally sweet, dairy-free energy bars combine brown rice cereal, nut butter, and wholesome sweeteners like molasses and date syrup. Packed with fiber, healthy fats, plant-based protein, and antioxidants, they provide steady energy, support digestion, and satisfy cravings—making them a mindful, nourishing snack anytime.

## Why You'll Want to Make This

Say goodbye to overly sugary, dairy-heavy snacks. These bars are a wholesome, on-the-go treat that balances energy-sustaining carbs, heart-healthy fats, and plant-based protein. Perfect for mornings, workouts, or an afternoon pick-me-up, they're easy to make, naturally sweet, and designed to support your health from the inside out—delivering indulgence without compromise.

## Contact

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