

 **Necker Island**   
**Kitchen recipes**



## Gluten Free Energy Bars

### Ingredients:

- 3/4 cup** Nut butter (almond/cashew/peanut/sunflower butter)
- 3/4 cup** Sweetener syrup (honey/GF brown rice syrup/good quality agave nectar)
- 1 1/2 cups** Roasted raw nuts and/or seeds (almonds, pecans, walnuts, cashews, peanuts, sunflower seeds, sesame seeds, pumpkin seeds - use your favorites in any combination)
- 1 cup** Dried fruits (cherries, cranberries, blueberries, apricots, pineapple, raisins - use your favorite dried fruits in any combination)
- 4 cups** Gluten-free rice crispy cereal
- 1/8 teaspoon** Kosher salt
- 1 teaspoon** Vanilla extract

### Method:

- Line a large baking sheet with parchment paper.
- Place nuts and/or roasted seeds and dried fruit in the bowl of a food processor. Pulse several times, just until the mixture is coarsely ground.
- In a large saucepan melt nut butter with syrup/honey/sweetener over medium-low heat. Stir and watch carefully to prevent scorching. When the mixture is smooth and bubbling cook for about 1 minute. Remove from heat. Add salt and vanilla and stir to combine. Use a large spatula to stir in nuts, dried fruit, and cereal. Stir until all ingredients are coated with nut butter mixture.
- Pour the mixture onto the prepared baking sheet. Use the spatula to evenly spread the mixture in the pan. Place a large piece of waxed paper over the mixture and use a rolling pin to smooth the top of the mixture. Cover with the waxed paper and refrigerate for about 2 hours before cutting the energy bars into whatever sizes you prefer.
- **Enjoy!** To store, wrap bars in waxed paper and place in a covered container in the refrigerator.

## Smoothie

### Ingredients:

**100g** Spinach (washed)

**1/2** Avocado

**1 inch piece** Ginger

**50g** Cucumber

**100g** Kale

**1 x** Lemon, juiced

**100g** Mixed berries (fresh or frozen)

**150ml** Coconut water

### Method:

- Peel the ginger and place all ingredients into a blender and blend for a minimum of 2 minutes.
- (Optional) Once blended pass through a fine sieve pushing through as much as possible for a smoother consistency.
- If the consistency is a little thick let down with some more coconut water or apple juice for a sweeter flavour.

### Notes

- Feel free to play with the recipe! Your favorite fruits, seeds, vegetables... add them in! We have the most delicious passion fruits and fresh coconuts growing on Necker Island and they work perfectly in this recipe. You can also add protein powder too. **Enjoy!!**

The Necker Island Kitchen Team x