



Chocolate Nutty Energy Bars

I've learned that this recipe is very flexible, you can trade out raisins & craisins for dates, almonds for cashews, cashew or almond butter for peanut butter and skip the coconut altogether if you want. It seems to all be fine. 😊

This recipe was found at One Lovely Life.

Ingredients

- 2 cups pitted dates
- $\frac{3}{4}$ cup cashews
- $\frac{1}{4}$ cup peanut butter
- $\frac{1}{2}$ cup coconut flakes
- 2 tbsp cocoa powder – unsweetened
- $\frac{1}{8}$ tsp salt

Instructions

1. Toss it all into a food processor and process mixture until the mixture starts to go smooth and clump into a ball. The dates will all be chopped up but there will still be bits of nuts. I use an 8 cup Cuisinart Food Processor and it's a bit violent and rocking, but it works! Hang in there until it clumps.
2. The original recipe calls for flattening out into an 8 or 9 inch square dish lined with parchment paper. Use your hands to press the mixture firmly into the bottom of the dish. Cover and refrigerate for 30 minutes. ***(I roll them mixture into bite size bites and refrigerate – just a different look)***
3. Remove the cold flattened mixture from the pan and cut into pieces using a sharp knife.
4. Store bars or balls in an airtight container in the fridge or freezer.

As long as you keep the ratios the same I've even done peanut mixes, pistachios, sunflower seeds, pumpkin seeds. Sometimes you need a tad more of the nut butter if you are using a dryer nut/seed.



And here they are, when I forgot the coconut, so rolled them in it afterward.

Displayed on a recycled glass plate made by Pauline Olesen (me).