



Date and Nut Energy Bars

Makes 24 bars

3 cups (415 grams) dried dates

Boiling water

1 cup raw almonds

1 cup walnuts

1/2 tsp. ground cinnamon

1/4 tsp. salt

Line a 9x13 in pan with parchment paper or lightly oiled plastic wrap.

Place the dates in a bowl and cover them with boiling water. Soak for about 20 minutes until softened and drain.

Place the almonds and walnuts in a food processor with the cinnamon and salt. Process until finely chopped – not ground. Add the drained dates and process until it all forms a ball and clumps together.

Dump the dates and nuts into the pan and spread the mixture with a spatula and wet hands. Form an even rectangle and cut into 24 bars. Cover with parchment paper and refrigerate overnight.

Remove from the pan and wrap each bar individually with foil. These bars will keep wonderfully in the fridge for around two weeks and freeze for up to two months.

CALORIES 120.62; FAT 6.84 grs (sat 0.62; mono 3.15; poly 2.67); PROTEIN 2.52 grs ; FIBER 1.41 grs; CARBS 13.64 grs; CHOLESTEROL 0.00 mg; IRON 0.51 mg; SODIUM 25.85 mg; CALCIUM 28.17 mg