

Healthy 3 Ingredient Date Nut Bars

THE THREE INGREDIENTS NEEDED:

- dates
- nuts
- chocolate

THAT IS IT.

A simple, good-for-you treat you're most definitely going to want to keep your fridge stocked! All you need is a food processor, dates, nuts, melted dark chocolate and 10 minutes in the freezer for this healthy yet delectable dessert. Vegan-friendly.



- **PREP TIME:**5 minutes
- **COOK TIME:**15 minutes
- **TOTAL TIME:**20 minutes

MAKES:24

INGREDIENTS

- 11-12 medjool dates (1 cup packed), pitted and soaked for 5 minutes, drained.
- 1 1/2 cups nuts (you can use all pecans, but a mix of almonds, walnuts, pecans, and/or cashews will all work!)
- 1 cup quality dark chocolate chips, melted (6oz)

INSTRUCTIONS

1. Line an 8x8 pan with parchment paper, or use a silicone square pan and place on baking sheet, set aside. *You may also use 9x5 loaf pan, your base will just be thicker.*
2. In a food processor add drained/pitted dates and nuts. Process until dates and nuts have broken down, and only small pieces of nuts can be seen. Mixture should be sticky.
3. Transfer mixture to prepared pan, pressing evenly into all corners and press down flat.
4. Pour melted chocolate (you can use microwave) over bars and spread evenly.
5. Place bars in freezer for 10 minutes to allow chocolate layer to set, or fridge for at least 20 minutes. Remove bars from pan and place on cutting mat for easier slicing. Using knife, gently slice into 24 bars. Enjoy!

RECIPE NOTES:-Bars should be stored in fridge (or freezer for longer periods of time) but can come to room temperature before enjoying.