

## Carob Energy Bars

### Ingredients:

- 2 cups chopped, pitted Medjool dates or other dates
- 1½ cups raw cashews or macadamia
- 1½ cups raw almonds or walnuts
- ¾ cup carob powder, medium roast
- 2 tbsp. almond butter, tahini or old fashioned peanut butter
- ½ cup unsweetened shredded coconut
- 2 tsp. vanilla extract (optional)
- 1-2 tbsp. cold cereal coffee or water
- ¼ tsp. sea salt

### Instructions:

1. Prepare a 9x13 casserole dish or Pyrex with plastic wrap or baking paper. A 9x9 would also work, but the bars will be thicker.
2. Put all the ingredients into a food processor and process until a ball forms. You may have to stop the machine a few times to scrape down the sides. If you want a smoother texture, blend the nuts first and then add the other ingredients.
3. Place the mixture into the prepared mold aka casserole dish and press it down, making sure the mixture is evenly distributed and well pressed. Seriously, press it down firmly and evenly. I like to use another piece of plastic and a small rolling pin, but hands work well too. You could even press it down with another pan of equal dimensions.
4. Put the pan into the fridge for 4 hours or overnight, then cut your bars into standard bar sizes or in squares and store them in an airtight container or individually wrapped in plastic or baking paper and string. Wax paper would also work.
5. I prefer to keep my bars in the freezer (firmer texture), but you can store them in the fridge as well.

**Tip:** Use any nuts or seeds you prefer. Raisins and figs can be used instead of dates, but your bars won't be as sweet. I would add a little maple syrup or honey instead of the nut butters if using raisins or figs.

