

THE DIETITIANS NETWORK OF NOVA SCOTIA

Homemade Energy Bars

As the warmer weather approaches, many of us will be trading in our winter hobbies for more active summer pastimes. Whatever your activity of choice is—exploring the city, hiking, biking—make sure you have snacks on hand to keep your body nourished.

Recipe Name:	Homemade Energy Bars
Recipe By:	Adapted by Antonia Harvey, P.Dt from www.ohsheglows.com
Short description of recipe:	These energy bars are easy to make, portable, and sure to please even the pickiest eaters.
Makes	10-12 bars
Ingredients:	1 ½ cups roasted, unsalted cashews 1 cup tightly packed pitted dates 1 tsp vanilla extract 1-2 tsp water (if needed) 3 tbsp semi-sweet chocolate chips
Instructions:	<ol style="list-style-type: none">1. Line an 8x8 baking pan with parchment paper, leaving some hanging over the edges.2. In the bowl of a food processor, process cashews until a coarse meal forms.3. Add in the dates and vanilla and process until the mixture comes together. It should stick together well when pressed between the fingers. If it is still too crumbly, add 1 tsp of water and repeat. Add the second tsp only if needed.4. Add the chocolate chips and process briefly to combine.5. Scoop the mixture into the prepared baking pan and spread evenly. Press the mixture firmly down.6. Freeze, uncovered, for 15-20 minutes.7. Remove from freezer and then lift the bars out of the baking pan. Cut into 10-12 bars.8. Store in the fridge or freezer. For on-the-go snacking, wrap each bar in plastic wrap.