

SIMPLE NO-BAKE ENERGY BARS

Servings: 9 | Prep Time: 5 minutes; 1 hour of freeze time | Ingredients: 6

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- 2 cups of organic oats
- 1 cup of coconut flakes (unsweetened, duh)
- 1 cup of nuts (I like walnuts; if you have a nut allergy you can use pumpkin or sunflower seeds or both!)
- 2 cups of dates, pitted (don't press them into the measuring cup, just pit them and drop them in to measure)
- 1/2 cup of almond butter (or sunflower seed butter)
- 1 teaspoon of vanilla

Directions:

Pulse all of the ingredients together in a food processor for roughly one minute. You want everything to be broken up and you want the mixture to hold together when you grab it and squeeze it in your hands. If it doesn't, give it a little more time or add 1 tablespoon of water to help everything stick together. Press them into an 8x8 parchment lined baking pan or roll them into balls, cover, and store them in the freezer. YUM.

Note: Even though there's zero added sugar, the sweetness of the dates makes these little bars a great choice for even the pickiest of your picky eaters, young and old.

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