

Coconut-Almond Chia Seed Energy Bars

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Servings: 12

Serving Size: 1 bar

Ingredients:

4 large Medjool dates, pitted and halved
¼ cup filtered water
½ cup chia seeds
½ cup raw almonds, chopped
¼ cup almond meal/flour
2 tablespoons shredded coconut
2 tablespoons coconut oil, melted
Dash of salt
¼ teaspoon cinnamon
½ teaspoon vanilla extract

Directions:

1. Preheat oven to 350 degrees.
2. Place dates and water in a food processor and blend until a mostly smooth compote is made, about 1 minute. (It's ok if there are still some small chunks of dates, but you want it mostly smooth.) It should make about 1/3 cup compote when you are finished. *
3. Combine all ingredients along with your 1/3 cup date compote in a large bowl and mix until well incorporated. Mixture should be a bit loose but stick together easily when smooshed with your fingers/hands. If it is too dry, add more coconut oil or date compote 1 tablespoon at a time. If it is too moist, add almond meal, 1 tablespoon at a time.
4. Line an 8 x 8 x 2 baking dish/rimmed cookie sheet with parchment paper.
5. Transfer the dough to the lined baking dish/rimmed cookie sheet and press the mixture evenly into the pan to a ¼ inch thickness using your hands or a spatula.
6. Bake for 15-20 minutes or until lightly browned.
7. Allow the mixture to cool completely in the baking dish for about an hour.
8. Turn mixture out onto a cutting board and slice into 12 bars.
9. Store bars in an airtight container for up to 4 days or freeze for up to 1 month.

Tips and Tricks:

*I recommend making double the compote so that your second batch of bars comes together quickly - (since I know you want to make more)!

If you are a chocolate lover, add 1 tablespoon cocoa powder and decrease the almond meal/flour to 3 tablespoons – Now you have Chocolate Coconut Chia Bars.

Nutritional Information Per Serving:

Calories: 127.4
Fat: 9.3 g
Cholesterol: mg
Sodium: 15.5 mg
Total Carbohydrate: 11.4 g
Dietary Fiber: 4.8 g
Sugars: 6.1 g
Protein: 4.1 g