



## CHOCOLATE RX BAR

**Serves:** 20

**Time:** 10 minutes, 1 hour refrigeration

### Ingredients:

- 1 pound dried dates, pitted and cut in half (*Medjool work best*)
- ½ cup cocoa powder
- 1 cup whole almonds (*any nut or seed combination will work*)
- 1 cup whole cashews
- 1 cup egg white protein powder (*can omit or substitute preferred protein powder*)

### Add-in Options:

- Dried Coconut
- Dried Cherries
- Dark Chocolate Chips
- Peanut Powder

### Directions:

1. Line a sheet pan with parchment paper. You can also use a 9x13 pan or a cocoa powder dusted counter top.
2. Add the pitted and halved dates to a food processor.
3. Add cocoa powder and protein powder to food processor and pulse until dates are well coated. Process until well combined and starting to form a dough, about 30 seconds to 1 minute.
4. Add the nuts and process another 1 to 2 minute until dough is smooth, slightly tacky and holds together when pressed. If you want your bars to have nut chunks or other add-ins, reserve half the nuts (or add-ins) and add after dough is formed and process for another 15 seconds to incorporate.
5. Press the dough out on parchment-lined sheet pan. You can use your hands, rolling pin or glass to roll out to an even layer about ½ inch thick.
6. Refrigerate for at least one hour. Once well chilled, use a pizza cutter or knife to cut in to bars of desired size.
7. Store bars in an airtight container for up to 2 weeks in the fridge or 3 months in the freezer. Be sure to line each layer with parchment paper to prevent sticking.

**Nutrition Facts:** 161 calories, 7g fat, 1g saturated fat, 22g carb, 7g protein, 10mg sodium, 3g fiber

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