

Energy Bars

Submitted By: Alison Smith

Time: 1 hour

Instructions

1. Combine all of the ingredients in a blender or food processor. Pulse a few times to break everything up. Then blend continuously until the ingredients have broken down and start to clump together into a ball
2. Using a spatula to scrape down the sides, turn out the mixture onto a piece of wax paper or plastic wrap
3. Press into an even square and chill, wrapped, for at least an hour. Cut into desired size of bars

Ingredients

- 1 cup almonds
- 1 cup dried cranberries
- 1 cup pitted dates
- 1 tbsp. unsweetened coconut flakes
- 1/4 cup mini dark chocolate chips

Notes:

Serving size = 8 bars