

Nutty Dates Chocolate Bars





Serving : 8-10 Bars



Time : 1-2 hours

Ingredients

Medjool Dates, 2 cups

Walnuts, 1 cup

Almonds, 1/2 cup

Pistacchio, 1/4 Cup

Cashew, 1/4 cup

Peanut Butter, 1 Tbsp

Vanilla extract, 3-4 Drops

Coconut oil, 3 Tbsp

Dark Chocolate, 2 Cup

Directions

- In a blender add Medjool dates, Dry fruits, Peanut butter, vanilla extract, and coconut oil. Blend everything together to form a coarse mixture.
- Take a deep dish and level the mixture in the dish by pressing it down. Refrigerate for 15-20 minutes



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- After its set, add Peanut butter and level it the same way. Refrigerate again for 20 minutes.
- Meanwhile melt dark chocolate and coconut oil in the microwave or double boiler.
- Now add this mixture as final layer on peanut butter. Deep freeze for at least 2 hours.
- Take it out, garnish with melted chocolate and crushed dry fruits, Cut into long bars, and serve immediately.

Notes

- This recipe contains no added sugar.
- We used milk chocolate but you may convert this recipe into #vegan by using dairy-free chocolate.
- You may add or delete any dry fruits but walnuts and almonds are a must.
- You may cut these bars smaller or larger as per your liking.
- You may make these bars any time during the year as it has lot of goodness.

Thanks

