

Date & Nut Bars

Ingredients

16 fresh medjool dates
~2/3 cup chopped walnuts or walnut halves
1/4 cup shredded fresh coconut
1/2 tsp vanilla

Preparation

- Pit the dates by cutting open lengthwise
- Process all ingredients in food processor
- Form into bars

Serving

Makes 8 small bars.

Preparation Variations

You may use a different kind of raw nut, such as almonds, cashews, pecans, but remember to use raw nuts.