

# NO-BAKE CHOCOLATE DATE BARS (V, GF)

Makes about 15 regular size 1" thick bars, but it all depends on what size you cut them and how thick you make them.

## Ingredients

1 cup raw walnuts  
1 cup raw almonds  
2 cups dates  
3/4 cup cacao powder or unsweetened cocoa powder  
1 tsp vanilla  
1/8 C water  
1/4 tsp sea salt

## Directions

1. Place almonds and walnuts into the bowl of a food processor and process until finely ground. Transfer to a bowl.
2. In the bowl of the nut mixture, add the cacao powder and sea salt.
3. Add the dates to the food processor and process until small bits remain. Remove and set aside.
4. Add nut and cocoa mixture back into food processor and while processing, drop small handfuls of the date pieces down into the food processor spout. Halfway through, pour in the water while it's processing. Continue until a dough consistency is achieved.
5. Spoon the mixture into a small parchment lined 8x8 dish and before pressing, add any toppings you'd like to use, like shredded coconut and/or nuts, then press down with hands until it is flat and firm. Lift parchment paper to remove brownies from dish and use hands to slightly squeeze in the sides to create a smaller square - this will make the bars slightly thicker and more dense.
6. Transfer back to the dish and place in freezer for about 30 minutes before cutting into even squares.

Store in the fridge or freezer.

