

ENERGY SNACK BAR

INGREDIENTS

100g walnuts
100g cashews
200g pitted dates
50g cacao
4 pinches seasalt
20g coconut oil
2 tsp vanilla essence

METHOD

1. Tip the nuts, dates, cacao and salt into a food processor and process for a few minutes until finely chopped.
2. Add the coconut oil and vanilla and process until well mixed and the mixture begins to form a dough.
3. Tip into a lined tin and refrigerate for a few hours until set.
4. Cut into squares and serve.

