

Date Breakfast Bars

These bars are jam packed with nutritious and delicious ingredients. I think they taste kinda like a PB & J sandwich! While I consider this a *healthful* treat, it is NOT a light snack. Very nutrient dense, one 2 inch x 2 inch square will get you through your morning! As it is mainly comprised of dates, it has a fair amount of sugar too, (no added sugar of course) so keep that in mind.

Let's get to it!

- 1 Cup Medjool Dates
- 1/3 Cup Peanuts (You can use any nut, but it won't taste like pb & j)
- 1/3 Cup dried fruit of your choice (I like to use dried apricots)
- 1/3 Cup Oats
- 1/4 Cup Flaxseed Meal
- 1/4 Cup Chia Seeds
- 2 Tbsp Coconut Oil (Use unrefined for coconut flavor, and better nutrition)
- 1/2 Cup Hot Water (Don't add it all at first. You want just enough for the ingredients to come together as a sticky paste. Add as needed)

Possible Add-ins

- Unsweetened Flaked Coconut
- 1/2 tsp Cinnamon
- Dried Apple chunks
 - Avoid fresh fruit as this will greatly reduce the shelf life of these bars.

This is a very simple recipe, we're gonna take all the ingredients and throw them in the food processor! If you don't have a food processor, you might be able to use a blender, but some blenders don't do well without high liquid content, so watch out.

It's also possible to just finely chop most of the ingredients and then mix them in a bowl, but of course that'll take a little longer.

Line a pan with wax paper. I used a 9-inch pie pan, but you could use an 8 by 8 baking pan. The dimensions aren't critical, and we're not baking this so whatever you got.

Transfer the mixture into the pan, then put another sheet of wax paper on top. Now you can just press the mixture evenly into the pan using your hands.

Refrigerate at least one hour. You need enough time for the oats and chia seeds to absorb some water.

Remove the top layer of wax paper. Cut into 2x2 bars (or just however much you wanna eat), and enjoy! Keep refrigerated.