



Protein Date Bars

INGREDIENTS

3 cups Hy-Vee natural almonds
1 cup Hy-Vee roasted & unsalted cashews, divided
½ cup Hy-Vee unsweetened coconut flakes
3 cups Medjool dates, pitted
1 cup Performance Inspired whey chocolate protein powder, divided
½ cup water
2 tbsp Full Circle Market organic chia seeds
½ tsp fine sea salt

PREPARATION

- 1** Place almonds, ½ cup cashews, and coconut flakes in food processor. Cover; process until finely chopped. Add dates. Cover and process until well combined.
- 2** Add ½ cup protein powder, water, chia seeds, and sea salt. Cover; pulse until well combined. Stir in an additional ½ cup cashews.
- 3** Firmly press mixture in a parchment-lined 8-x-8-inch baking pan. Cover and refrigerate for 1 hour. Cut into bars.

NUTRITION FACTS

Calories: 300
Total Fat: 17g
Saturated Fat: 3g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 75mg
Carbohydrates: 35g
Fiber: 4g
Sugar: 25g
Protein: 6g