



## MINT CHOCOLATE CHIP ENERGY BARS

### ingredients:

- 1 1/2 cups pitted medjool dates (about 14)
- 1/2 cup almonds
- 1/2 cup cashews
- 1 cup nonfat dry milk powder
- 1/4 cup cocoa powder
- 1/2 teaspoon peppermint extract
- 3 Tablespoons water
- 1/2 teaspoon salt
- 1/4 cup mini chocolate chips

### directions:

1. Prepare a 9 x 9-inch baking pan by lining it with plastic wrap.
2. Place dates in food processor and process until a paste forms. Add nuts and continue processing until dates and nuts are well combined.
3. Add nonfat dry milk powder, cocoa powder, peppermint extract, water and salt and process until a well-combined sticky ball is formed.
4. Add chocolate chips and pulse a few more times until they are just incorporated.
5. Remove dough from the food processor and press evenly into your prepared pan. Press dough down firmly so that the bars stay together. Cover and place pan in freezer for 15 to 20 minutes.
6. Remove from freezer and lift plastic wrap out of dish. Cut into 9 bars. Wrap each bar in plastic wrap and store in refrigerator or freezer.

Yield: 9 bars

### Nutrition Information Per Serving:

215 Calories  
9 grams Fat  
2 grams Saturated fat  
0 mg Cholesterol  
305 mg Sodium  
31 grams Carbohydrates  
4 grams Fiber  
7 grams Protein

Food exchanges: 2 fruit,  
1 protein, 2 fat



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