

Cashew Cookie Bars

12 SERVINGS 15 MINUTES



INGREDIENTS

- 1 cup Pitted Dates
- 1 cup Cashews
- 1/4 cup All Natural Peanut Butter
- 1 tbs Water

NUTRITION

AMOUNT PER SERVING

Calories	133	Iron	1mg
Fat	8g	Vitamin D	0IU
Carbs	14g	Folate	15µg
Fiber	2g	Magnesium	44mg
Protein	3g	Zinc	1mg
Vitamin C	0mg		

DIRECTIONS

- 01 Combine dates, cashews, peanut butter and water in a food processor and puree until mixture starts to stick together. Add a little more water if necessary to help mixture come together.
- 02 Using your hands, work date mixture into one big clump. Mash it down on a cutting board or sheet of wax paper to form into one even rectangle shape.
- 03 Slice into 12 even squares and enjoy.

NOTES

RECIPE ID 707

STORAGE

For best results store in the fridge, however bars can be kept at room temperature as well.

SOURCE

<https://www.100daysofrealfood.com/>