

No-Bake Chocolate Almond Bliss Bars

Ingredients:

- Large flake oats 3/4 cups
- Pumpkin seeds 1/2 cup
- Hemp hearts (seeds) 1/4 cup
- Sunflower seeds 1/4 cup
- Pitted dates 1 1/2 cups
- Almond or other nut butter 1/2 cup
- Cocoa powder 3 Tbsp.
- Vanilla 1 tsp

Nutrition Information per serving (1 bar):

Calories: 242 cal

Protein: 6 h

Fat: 13 g

Carbohydrate: 33 g

Sodium: 3 mg

Directions:

1. In a food processor, pulse together oats, pumpkin seeds, hemp hearts, and sunflower seeds until fine and crumbly.
2. Add dates, nut butter, cocoa powder, and vanilla and process until mixture forms into a ball.
3. Press mixture evenly into an 8 inch (1.5 L) baking dish. Refrigerate for at least 1 hour before cutting into bars to serve.

TIPS:

- Place in the freezer for about 2 hours for a chewy textured bar.
- You can also make these into bite size balls. Use 1 Tbsp. (15 mL) of the mixture to roll into balls, the kids will love helping out with these!

