

Breakfast Bars

Ingredients:

- 1 c raw almonds (whole)
- 15 dates
- 1/2 c honey
- 1/2 tsp vanilla extract
- 1/2 tsp almond extract
- 1 1/2 c oat flour (this can be made by grinding oatmeal [unflavored] in food processor)
- 1/4 c unsweetened cocoa powder
- 1/4 c toasted pecans (whole)
- 1/4 c unsweetened shredded coconut
- 1/4 c chocolate chips

These measurements are not exact. I just estimated so feel free to alter them to fit your diet.

Materials:

- Food processor
- Various measuring cups and spoons
- 8×8 pan
- Parchment paper

Directions:

Put the almonds in the food processor and grind for about 30 seconds, or until it reaches a wet, grainy, consistency. Not quite almond butter consistency however. Remove the pits from the dates and blend them with the almonds. Add honey and extracts and blend. Add in the oat flour and cocoa powder (I forgot about the cocoa powder till after I mixed in the oat flour but it's fine to mix them in at the same time). Toasted pecans, coconut, and chocolate chips finish these bars off. Press the mixture into your pan and chill. Enjoy! ;)