

Homemade Date Bars

Date bars are a healthy, clean snack that can squelch those sugar cravings in a heartbeat. The following is the basic recipe, along with several tasty variations.

1. Line an 8x8 pan with plastic wrap.
2. For the most basic date bar recipe, use 1 cup PACKED dates and 1 cup almonds.
3. Place the almonds and dates in a food processor. Add a T. of warm water. (This helps the mixture stick together.) Pulse the ingredients until the fruit is finely chopped and blended, and the date/nut mixture begins to stick together and clump against the sides of the bowl, and your processor starts hopping on the counter just a little bit. This could take up to 2 minutes or so.
4. Transfer the mixture to the prepared pan. Use a spatula to spread and flatten the mixture evenly in the pan. Refrigerate for 30 minutes.
5. Using the plastic lining the pan, lift the bar mixture from the pan and transfer it to a cutting board. Cut into bars as big or as small as you desire. Tightly wrap each bar in plastic wrap OR place pieces of wax paper in between each bar and store in gallon bag in the freezer. The bars will keep at room temperature for up to 3 days, in the refrigerator for up to 3 weeks, or in the freezer for up to 3 months.

Variations

Use the same process as above but with the following ingredients:

Apple Pie

1 cup mixed almonds and walnuts
1 cup dates
1 cup mixed raisins and unsweetened dried apples
2 tbsp cinnamon

Apricot Ambrosia

1 1/4 cup unsweetened dried apricots
2/3 cup raw almonds
1/2 cup unsweetened flaked or shredded coconut
1/4 tsp ground cinnamon
1/8 tsp sea salt (opt)

Banana Bread

1 cup almonds
1 cup dates
1 cup dried banana

Blueberry Muffin

1 cup cashews
1 cup dates
1 cup unsweetened dried blueberries
Zest and juice of 1 lemon

Cappuccino

1 cup mixed almonds and cashews
1 cup dates
1 cup coffee beans
1 vanilla bean, scraped

Carrot Cake

1 cup mixed almonds and walnuts
1 cup mixed dates and raisins
1 cup mixed unsweetened dried pineapple, shredded coconut, and carrot
1 tbsp coconut oil
2 tbsp cinnamon

Cashew Cookie

1 cup cashews
1 cup dates

Cherry Pie

1 cup almonds
1 cup dates
1 cup unsweetened dried cherries

Chocolate Chip Brownie

1 cup mixed almonds and walnuts
1 cup dates
1 cup cacao nibs or FIT coconut oil chocolate pieces
1/4 cup cacao powder

Chocolate Chip Cherry Torte

1 cup mixed almonds and cashews
1 cup dates
1 cup mixed cacao nibs or FIT coconut oil chocolate pieces and unsweetened dried cherries

Chocolate Chip Cookie Dough

1 cup cashews
1 cup dates
1 cup cacao nibs or FIT coconut oil chocolate pieces

Chocolate Coconut Chew

1 cup mixed almonds and walnuts
1 cup dates
1 cup shredded coconut
4 tbsp cacao powder

Coconut Cream Pie

1 cup mixed almonds and cashews
1 cup dates
1 cup shredded coconut
2 tbsp coconut oil
1/8 tsp sea salt (opt)

Ginger Snap

1 cup mixed almonds and pecans
1 cup dates
2 tbsp fresh ginger
1 tbsp mixed cinnamon and cloves

"Girl-Scout Samoa" Cookie

1 cup pitted dates
1/4 cup unsweetened shredded coconut
1/2 cup almonds
1/2 tsp pure vanilla extract
dash of salt
2 T cacao nibs or FIT coconut oil chocolate pieces

Hot Fudge Brownie

1 cup walnuts
1 cup dates
1 tsp pure vanilla extract
3-4 T. cocoa powder
1/8 tsp. sea salt (opt)
cacao nibs or FIT coconut oil chocolate pieces

Key Lime Pie

1 cup mixed cashews and almonds
1 cup dates
1 cup shredded coconut
Zest and juice of 1 lime

Lemon Bar

1 cup mixed cashews and almonds
1 cup dates
Zest and juice of 1 lemon

Oatmeal Raisin

1 cup raisins
3/4 cup oatmeal (not quick oats)
3/4 cup almonds or cashews
1/2 tsp cinnamon
1/4 tsp vanilla extract
dash salt

Peanut Butter & Jelly

1 cup peanuts
1 cup dates
1 cup unsweetened dried cherries

Peanut Butter Chocolate Chip

1 cup peanuts
1 cup dates
1 cup cacao nibs or FIT coconut oil chocolate pieces

Peanut Butter Cookie

1 cup peanuts

1 cup dates

Pecan Pie

1 cup mixed pecans and almonds

1 cup dates

1/2 tsp cinnamon

1/8 tsp fine sea salt (opt)

Strawberry

1 cup mixed walnuts & almonds

1 cup dates

1 cup unsweetened dried strawberries

Tropical Fruit Tart

1 cup mixed almonds and cashews

1 cup dates

1 cup mixed unsweetened dried pineapple and shredded coconut

Zest and juice of 1 orange

1 tbsp coconut oil

Tropical Sunshine Bars

1 cup cashews (or pecans)

1/4 cup coconut flakes

1 cup unsweetened dried pineapple

1/4 c. unsweetened dried mango

1/2 tsp Lemon Zest

dash salt