



Prep
10 min

Cook
30 min

Ready in
40 min

Servings
8

Chocolate Tahini Protein Bars

Ingredients

1 cup pitted	Dates
1/2 cup	Cashew nuts, raw
2 tbsp	Coconut oil
2 tbsp	Tahini
1 cup	Hemp protein powder
2 scoop	Collagen peptides (optional)
1 pinch	Himalayan sea salt
1/2 cup	Dark chocolate chips, vegan

Instructions

1. Line a baking dish with parchment paper.
2. In a food processor or high-speed blender, place the soaked dates and cashews along with the coconut oil and tahini. Pulse to a smooth consistency, it is okay if there are still a couple of cashew chunks visible
3. In a mixing bowl, add in the protein powder, collagen, and pinch of salt
4. In the same bowl, add in the wet mixture from the blender. Use hands to knead the mixture until evenly combined
5. Scoop out the mixture into a 6 by 6 inch baking pan, or any baking dish will suffice
6. Sprinkle the chocolate chips and press them into the mixture
7. Place in the freezer for at least 30 minutes. Remove and slice into bars. Store in the freezer until ready to serve

Nutrition Facts	
Per Portion	
Calories	301
Calories from fat	144
Calories from saturated fat	64
Total Fat	16.0 g
Saturated Fat	7.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	2.9 g
Cholesterol	0
Sodium	37 mg
Potassium	224 mg
Total Carbohydrate	31 g
Dietary Fiber	6.1 g
Sugars	20.4 g
Protein	11.1 g

Dietary servings

Per Portion

Fruit 0.5
 Meat Alternative 0.8

Energy sources

Carbohydrates 38%
 Fat 48%
 Protein 15%