

Annette's Power Bars

| <u>Ingredient</u> | <u>Quantity</u> | <u>Instruction</u> |
|-------------------|-----------------|---------------------------|
| Medjool dates | 12 oz | remove pits & finely dice |
| raw almonds | 1 1/4 cup | finely diced |
| walnuts | 3/4 cup | finely diced |
| dried cherries | 1/3 cup | cut in half |
| sunflower seeds | 1/4 cup | |
| pumpkin seeds | 1/4 cup | |

- Mix all ingredients together with your hands in a large bowl. It takes time and strength to get the dry ingredients to stick to the wet ones and to evenly distribute the ingredients. Remove your rings and use your hands to combine the ingredients.
- When you've done it, smash the whole mess into the bottom of a square cake pan so that the top is even. A glass or ceramic pan is best because you are going to use a knife to cut the mixture into bars. Optionally press chocolate chips, pointy side down, into the top of the mixture.
- Freeze the pan for an hour, then cut into small squares. At room temperature, it is too sticky to cut.

NOTE: A 12 ounce box of fresh dates usually has between 20 and 25 dates in it, depending on the size of the dates. They need to be fresh in order to be sticky.

Snack