



Chocolate Covered Nut Bars with Dates

Ingredients:

- 11–12 **Medjool dates** (*1 cup packed*), pitted and soaked for 5 minutes, drained.
- 1 1/2 cups **mixed nuts**
- 1 cup **quality dark chocolate chips**, *about 6 ounces*

Instructions:

1. **Line a 9x5 loaf pan** with parchment paper, or use a silicone pan and place on baking sheet, set aside. *You may also use an 8x8 square pan, your base will just be thinner.*
2. **Make mixture:** In a food processor add drained/pitted dates and nuts. Process until dates and nuts have broken down, and only small pieces of nuts can be seen. Mixture should be sticky. Transfer mixture to prepared pan, pressing evenly into all corners and press down flat. I like this roller.
3. **Melt chocolate:** Using stovetop and small saucepan over low heat, melt chocolate, stirring frequently until smooth. Pour over bars and spread evenly.
4. **Chill:** Place bars in freezer for 10 minutes to allow chocolate layer to set, or fridge for a about 30 minutes. Remove bars from pan and place on cutting mat for easier slicing. Using knife, gently slice into bars.