Coca Date Bars

Ingredients

- 2 cups pitted dates
- ¾ cup unsweetened coconut
- ¾ cup cocoa powder
- ½ scoop chocolate protein powder
- 2-3 tablespoon water
- 2 tablespoons honey
- ¼ cup chocolate chips (optional)
- Generous pinch of salt

Making it

1. Roughly chop the dates
2. Place everything in a food processor. Add 2 tablespoons of water initially and if the mixture isn’t sticking together, add another tablespoon.
3. Cover a 9” x 5” loaf tin in parchment paper (if you don’t have a loaf tin a small Tupperware is fine). Spread the mixture evenly across the dish and sprinkle with some coconut. Place in the refrigerator for a few minutes.
4. Take the dish out of the fridge and gently remove the mixture from the tin by lifting the parchment paper carefully out. Cut into 12 – 18 bars.
5. Once the bars are cut they can be placed in a ziplock and put into the freezer.

NUTRITION FACTS
Servings: 12
PER SERVING
Calories (kcal): 140
Fat (g): 2
Carbohydrate (g): 33
Fibre (g): 5
Protein (g): 3

TIPS & HINTS
These bars make a great pre training snack because of the sugar from the dates and honey.