



# The Wholeness Chef

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## **Date Walnut Bars**

*These bars are super easy to make and they are wonderful for packing in kid's lunches or work lunches. Unlike commercially processed bars, by making these bars at home, you can really kick up the ingredients and make it not only tasty, but healthy as well!*

– Dr. Mary Rondeau | The Wholeness Chef

### **Ingredients:**

1 cup Cashews  
1 cup Walnuts  
2 Tbsp Hemp Seeds  
1-1 1/2 cups Medjool Dates, pitted (depending on freshness of dates)  
1/2 Tbsp Vanilla Extract  
1 Tsp Ground Cinnamon  
1/4 Tsp Ground Cloves  
1/2 Tsp Salt, preferably Redmond Real Salt

### **Directions:**

1. Place cashews and walnuts in food processor. Pulse until nuts are coarsely grind (5-6 pulses).
2. Add Medjool dates and rest of ingredients and process until all ingredients are incorporated together.
3. Taste dough. It should hold together when pressed between fingers. If too dry add 1-2 dates and pulse again. Or add additional 1-2 cups dates if additional sweetness is needed.
4. Press dough into a 9 x 13 baking dish.
5. Place in fridge for at least 1 hour. Cut into squares and serve.