

Yemi?li ve Sa?l?kl? Enerji Bar?

Easy homemade energy bars with dates, nuts and seeds. No-bake recipe ready in 20 minutes. Perfect healthy snack for workouts and on-the-go energy.

20 min

HAZIRLIK

20 min

TOPLAM

6

PORSIYON

Easy

ZORLUK

Yemi?li ve Sa?l?kl? Enerji Bar?

Malzemeler

- 180 g date
- 150 g dry apricot
- 50 g dry cherry
- 50 g almond
- 50 g grated coconut
- 50 g cashew nuts
- 50 g pumpkin seed
- 50 g sunflower seed
- 2 tbsp cocoa powder

Yap?l???

- Prepare the dates**

Line a 20cm (8-inch) square baking pan with parchment paper, leaving overhang for easy removal. Place 180g dates in a bowl and cover with hot water. Let soak for 10 minutes until softened.
- Drain the dates**

Drain the dates through a fine mesh sieve and pat dry with paper towels. Remove any pits if present and roughly chop into smaller pieces.
- Process the dry ingredients**

Add 150g mixed nuts, 50g cashews, 50g pumpkin seeds, and 50g sunflower seeds to a food processor. Pulse 8-10 times until roughly chopped with some larger pieces remaining for texture.
- Add the chopped dates**

Add the chopped dates, 50g dried cranberries, 50g raisins, and 2 tablespoons honey to the food processor with the nuts and seeds.
- Form the mixture**

Process for 30-45 seconds until the mixture holds together when squeezed and forms a sticky ball. The dates should be well incorporated but some small chunks can remain.
- Transfer the mixture**

Transfer the mixture to the prepared pan and press firmly into an even layer using your hands or the back of a spoon. The surface should be compact and smooth.
- Chill and cut**

Refrigerate for at least 2 hours until firm and set. Remove from pan using parchment overhang and cut into 12 rectangular bars with a

sharp knife.

- 8 Wrap individual bars in parchment paper or plastic wrap. Store in an airtight container in the refrigerator for up to 1 week or freeze for up to 3 months.

?puçlar?

Soak dates in warm water for 5 minutes to soften them before processing. This ensures smooth blending and prevents chunks in your final bars.

Use a high-quality food processor for best results. The mixture should hold together when squeezed but not be overly sticky or wet.

Wet your hands when pressing the mixture into the pan to prevent sticking and achieve an even layer.

Line your pan with parchment paper extending over the edges for easy removal and clean cutting.

Chill the mixture for at least 3 hours before cutting to ensure clean, neat squares that hold their shape.

Store individual bars wrapped in parchment paper to prevent them from sticking together.

Experiment with different nut and seed combinations to find your perfect flavor profile and texture preference.

For firmer bars, add an extra tablespoon of ground nuts or seeds to absorb excess moisture from the dates.