

Raw Bars

Y = 1 tray

INGREDIENTS:

2200 g dates
300 g cocoa powder
500 g sesame seeds
950 g sliced almonds
----- g oat flour (blended oats)

Toasted slivered almonds at 165°C (330°F) for 7 min.

Soak dates in warm water for 20 min. Drain and puree.

Take pureed dates, cocoa powder, and sesame seeds and mix until combined.

Add toasted almonds and mix until just combined.

Press mixture into framed sheet pan and dust top with oat flour.

Chill raw bar overnight and cut into 2"x 2" squares.