

## No-Bake Date & Nut Bars – RenataCollective.com

These bars are a delicious and nutritious treat. Made in only a few minutes, with only a few ingredients, they are great to have in the fridge for when you need a little something sweet. Serve larger slices for dessert.

Dates contain natural sugar and are a wonderful sweetener. They are an anti-inflammatory, antioxidant and antifungal, a source of protein, fiber and contain no fat. They contain B vitamins, vitamin K, iron, potassium, zinc, calcium, magnesium and manganese. There are compounds in dates being researched with positive results, thought to help protect and guard the brain from cognitive decline due to the anti-inflammatory properties in dates that aid to reduce the oxidative stress.

Almonds are rich in vitamins, minerals and antioxidants, especially Vit E and potassium (both support heart health and a healthy immune system), calcium (supports bone health), magnesium (supports blood sugar balance), omega-3 fatty acids (support brain and eye health), plant sterols (supports good cholesterol balance), and L-arginine (supports kidney health and circulation health).

All-natural peanut butter is a good source of Vit E, B3 and B6, manganese, magnesium and copper which is particularly good to support immune health. The fat in peanut butter is oleic acid which supports and maintains cholesterol, blood sugar and blood pressure levels. Peanut butter is high in calories so eat it in moderation. It also supports brain health as it works to on nerve repair, myelin production and inflammation reduction.

Cinnamon is a powerful antioxidant, an anti-inflammatory, an antibacterial and an anti fungal. It can reduce bad cholesterol (LCL) and triglycerides, balance blood sugar and research is showing that cinnamon supports brain health and reduces cognition decline.

Prep Time: 10 minutes / Total Time: 10 minutes / Makes: 8 bars or 16 squares

### Ingredients

- 12 Dates – pitted
- 1 Cup Whole Raw Almonds
- ¼ Cup All-Natural Peanut Butter
- 2 Tablespoons Water
- 1½ Teaspoon Cinnamon
- 1 Teaspoon Vanilla
  
- 2/3 Cup Chocolate Chips
- 2 Tablespoons Peanut Butter
- 1 Tablespoon Coconut Oil or Olive Oil or another neutral tasting oil: avocado, grape seed
- Coarse Grain Sea Salt
- Sliced Almonds or Chopped Peanuts – optional but it makes for a nice presentation

## How It's Made

- Prepare a loaf sized pan by lining it with parchment paper.
- Soften the dates by soaking them in hot water for 15 minutes, or microwaving the dates in water for 90 seconds. Drain.
- Add the dates, almonds, peanut butter, water, cinnamon and vanilla to your food processor. Whirl until it starts to clump and form a ball. If it is too dry, drizzle 1 tablespoon at a time of water through the spout at the top, while whirling.
- Spread the mixture in the pan, pressing it down evenly.
- In a microwave safe bowl in 30 second increments, or in a small pot on low heat on the stove top, melt the chocolate, peanut butter and coconut oil, stir until very smooth.
- Pour the melted chocolate mixture over the date/nut base in the pan. Swirl the pan to spread the chocolate to cover the base.
- Sprinkle with the sea salt and chopped nuts (if using).
- Put the pan in the fridge to let the bars firm up and the chocolate harden – about 2 hours.
- Using the parchment, remove from the pan and cut into bars or squares.
- Store these in the fridge in a sealed container.

Enjoy!

Renata Richardson is a certified culinary nutrition instructor, honours graduate from the Academy of Culinary Nutrition and proud winner of the Holistic Wellness category of the Community Votes Thornhill 2023 Platinum Award. The Toronto-based chef is also a monthly food columnist with the Torstar Metroland Media Group, workshop presenter, guest speaker, recipe developer and tester, cookbook contributor and published recipe author. Visit [renatacollective.com](https://renatacollective.com) and on Instagram [@renatacollective](https://www.instagram.com/renatacollective), for more recipe inspiration and to sign up for newsletter updates or email [renata@renatacollective.com](mailto:renata@renatacollective.com) with any questions you might have.