



Quick no bake coconut energy bars

10'

Hands on

4 hours'

Hands off

20-22

Portion(s)

1

Difficulty



Method

- In a food processor, add the peanut butter, dates, cashews, cocoa powder, honey, cinnamon, salt, and beat very well until the ingredients are dissolved.
- Add the coconut and beat well.
- Transfer into a [25x32 cm baking pan](#) lined with parchment paper, and spread well onto the whole surface of the baking pan.
- Press so that the ingredients are well combined.
- Refrigerate the mixture for 3-4 hours so that it cools and thickens well.
- Take it out of the pan and cut into pieces.
- Serve with yogurt, fresh fruits, honey, and mint leaves.

Tip

They are preserved in the refrigerator.

Ingredients

- 150 g peanut butter, soft
- 300 g pitted dates
- 120 g cashews
- 2 tablespoons cocoa powder
- 3 tablespoons honey
- 1 teaspoon cinnamon
- pinch of salt
- 400 g coconut

To serve

- 100 g yogurt
- 100 g fresh fruits (strawberries, blueberries)
- 1 teaspoon honey
- mint leaves

Διατροφικός πίνακας

Nutrition information per portion

247 Calories (kcal)	18.0 Total Fat (g)	11.0 Saturated Fat (g)	15.0 Total Carbs (g)
12%	26%	55%	6%
13.0 Sugars (g)	4.8 Protein (g)	5.5 Fibre (g)	0.1 Sodium (g)
14%	10%	22%	2%