

Chocolate Date Energy Bars

If you have a food processor, these come together very quickly. (If not, they're impossible.) Be sure to let them firm up in the fridge for several hours before cutting them into neat bars. Then wrap each one individually in parchment or wax paper, and store in the freezer. Defrost for 10 to 15 minutes at room temperature.

My inspiration for this version came from both [Shutterbean](#) and [Foodie with Family](#).

Makes 16 to 20, depending on how big you cut them

2 cups date paste (about 20 ounces, or 572 grams -- substitute pitted dates if you need to)*

2 cups whole almonds

1/4 cup cocoa powder

5 tablespoons seeds (I used equal parts toasted sesame seeds and hemp seeds, but I bet you could substitute flax if you like)

Pinch salt

Line a 9" square baking pan with enough wax paper so it hangs over the left and right edges.

Topple all ingredients into a sturdy, full-size food processor fitted with the metal blade. Pulse about 10 times in one-second bursts. Then turn the processor on and let it whirl for a few minutes, stopping the machine now and again and scraping down the sides. Eventually, the mixture will come together in one big clump.

Transfer the mass to the square pan and, using wet fingers, press it into an even layer. Use the excess wax paper to gently cover the bars, then refrigerate for several hours, or overnight, until firm enough to cut. Invert onto a cutting board, peel off the paper, and cut into bars. Freeze individually as directed above.

*If substituting pitted dates, aim for moist ones, and use your judgment about whether to add a bit of liquid (hot water, nut butter) to bind the ingredients. You can also try making your own date paste, as I did in this [date nut bread recipe](#).