

Chocolate orange bar

No bake, snack bars

Makes 8 x 35g bars

Ingredients

- 120g cashew nuts
- 120g raisins
- Zest of 1 orange
- 2 tbsp. dark cocoa powder e.g. Bournville

Method

1. Put all the ingredients into a food processor and blend for several minutes, until the mixture is sticky and starts to move slowly in the blender. You may need to stop the blender and stir the ingredients a couple of times. It can take a little time for the mixture to get sticky, so keep blending
2. Line a baking tray with some greaseproof paper. Empty the ingredients onto the tray and push down with the back of a spoon so the mixture is flat and about ½ cm thick
3. Put in the fridge and leave for at least 1 hour
4. Cut into bars and store in a Tupperware in the fridge for up to a week



Nutritional info:

	Per 35g bar
Energy (kcal)	144
Protein (g)	3.5
Carbohydrates (g)	13.4
Of which sugars (g)	10.9
Fats (g)	7.9
Of which saturates (g)	1.8