

Chocolate cherry coconut bars

No bake, snack bars

Makes 9 x 40g bars or 12 x 30g bars

Ingredients

- 100g Cashew nuts
- 110g Dried cherries
- 95g desiccated coconut
- 30g dark cocoa powder (Bournville)
- 2 tbsp. **melted** coconut oil



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
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 information	Per 40g bar	Per 30g bar
Energy (kcal)	215	158
Protein (g)	3.9	2.8
Carbohydrates (g)	11.1	8.1
of which sugars (g)	9.3	6.8
Fat (g)	16.2	11.9
of which saturates (g)	10.1	7.4