

Chocolate pecan pie

No bake, snack bars

Makes 8 x 38g bars or 10 x 31g bars

Ingredients

- 140g dates
- 98g pecans
- 42g ground almonds
- 25g dark cocoa powder (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
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 38g bar	Per 30g bar
Energy (kcal)	179	146
Protein (g)	3.4	2.7
Carbohydrates (g)	12.9	10.6
of which sugars (g)	12.3	10
Fat (g)	12	9.8
of which saturates (g)	1.3	1.1