

Natural energy bars

A homemade version of a Nak'd bar – so simple, no baking required

These snack bars are great snacks for before and during training sessions if a little extra energy is required or as a sweet snack after a lunch/meal between training sessions.

There are many combinations for you to try but here are two good options.



Key lime bar

Ingredients:

260g cashew nuts
260g dates
110g desiccated coconut
Zest of a lime
4 tbsp. fresh lime juice
4 tbsp. melted coconut oil
A pinch of salt

Cherry bakewell bar

Ingredients:

245g dates
175g cashew nuts
80g dried cherries

Place all the ingredients in a food blender and blend until sticky. Then follow instructions below from point 3

Instructions:

1. Place the dates, desiccated coconut and cashew nuts into a blender and mix for a good few minutes
2. Whilst the processor is still going (if possible), add the salt, then the lime zest, then drip in the lime juice and then the coconut oil. If this is not possible with your food processor, just add each ingredient, one at a time and blend for a few minutes in between each ingredient.
3. Line a baking tray with some baking paper, empty the ingredients onto the tray and pack down using the back of a tablespoon so that it is compact and flat.
4. Store in the fridge for an hour, before cutting into bars
5. Although not essential, these are best stored in the fridge

