

## Eatmore Energy Bars

1 cup shredded unsweetened coconut

1 cup raw sesame seeds

2/3 – 1 cup cocoa powder (or carob for caffeine-free version)

1/2 cup peanut butter

1/2 cup almond butter

1 cup date pureé (soak dates for min. 25 mins; pureé in blender or food processor, adding “soaking water” as needed),

Mix together coconut, sesame seeds and cocoa (or carob) in a bowl. Heat nut butters and date pureé together slightly for easier mixing – add to the dry ingredients in the bowl and mix well. Press into lightly greased 9x9 pan. Refrigerate for a couple hours to set.