

Cashew Cookie Bar

Ingredients:

- 1 cup Medjool dates, pitted
- 1 cup cashews
- ¼ cup nut butter
- 1-2 Tbsp. water



Directions:

1. Combine all ingredients in a food processor and puree until mixture starts to stick together. Add a little more water if necessary to help mixture come together.
2. Pick up date mixture and using your hands work to squeeze it together into one big clump. Mash it down on a cutting board or sheet of wax paper to form into one even rectangle shape using the sides of your hands (or a knife) to make the edges straight.
3. Slice into even squares. For best results store in the fridge or freezer, although bars can be kept at room temperature.