



V's RAW Deliciousness (Chocolate Banana Nut Bars)

Ingredients

Crust:

- 1 cup pitted dates
- 1/4 c dried cranberries
- 1/2 cup raw almonds
- 1/4 cup raw walnuts
- 1/4 cup unsweetened cocoa powder
- 1 tsp wildflower honey
- pinch lavender infused salt

Filling:

- 1/2 c pitted dates
- 2 ripe bananas
- 1/4 c almond butter
- 1/2 cup unsweetened cocoa powder
- 1/2 c chocolate morsels
- 2 tbsp wildflower honey
- pinch lavender infused sea salt

Directions

- Prepare 8x8" pan by lining it with parchment paper
- Put all crust ingredients in food processor and process into "dough" or until all ingredients are blended.
- Press crust into pan equally to fill the bottom of the pan.
- Next put all filling ingredients into food processor and process until smooth.
- Top crust with filling and place in freezer for about 30 minutes until hardened.
- Slice into squares and serve! Freeze any remaining (though it's unlikely you will have any!) for up to a month. xxV