



Category	Name
Energy Bar	Chocolate Peanut Butter Bar

Ingredient	Amount
Plant-Base Milk	2 tablespoons
Pitted Dates	280 grams (approximately 45)
Steel Cut Oats (Rolled Oat Option)	1/2 cup
Choose between: Roasted Cashews Raw Cashews Raw Almonds Walnuts	1/3 cup
Peanut Butter	1/4 cup
Cacao	2 tablespoons

1. Blend ingredients in a high speed blender (ex. Vitamix)
2. Roll into small balls (approximately 1 inch in diameter)
3. Refrigerate for 30 minutes