AMERICAN · DESSERT · SNACK

Dark Chocolate Walnut Date Bars

165 min · Serves 16 · 210 kcal a serve · Video 6:56 · Everyday Food

Vegan · Gluten-free ingredients

Sweetened by dates, so each bar has under 2 g of added sugar (from the dark chocolate), and walnuts add plant omega-3 and fibre. They are rich, so one small bar is a serve.

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Ingredients 9 · SERVES 16

- [ ] 180 g **walnuts**
- [ ] 300 g chopped **pitted dates**
- [ ] 65 g **natural peanut butter**
- [ ] 2 tsp **vanilla extract**
- [ ] ¼ tsp **kosher salt**
- [ ] 113 g **dark chocolate**, melted
- [ ] 1 tbsp **unrefined coconut oil**, plus a little for brushing the pan
- [ ] 30 g chopped **walnuts**, for the top
- [ ] a sprinkle of **flaky sea salt**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Peanut, Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pulse the walnuts, dates, peanut butter, vanilla and kosher salt in a food processor for about a minute, until the mixture clumps around the blade. 0:12
2. Tip onto a lined tray and press into an even 20 cm square. Chill for about 20 minutes. 1:29
3. Cut the square down the middle into two 20 × 10 cm pieces. Brush a loaf tin with coconut oil, line it with baking paper and press one piece into the base. 2:51
4. Melt the chocolate with the coconut oil. Spread half over the first layer and chill for 10 minutes. 3:28
5. Lay the second date layer on top, spread over the rest of the chocolate, then scatter with chopped walnuts and a little flaky salt. 4:07
6. Chill for about 2 hours until very firm, then lift out and cut into small bars. 5:06

> **Tip** Makes about 16 small bars (our estimate; the cook cuts them into fingers or squares). Time includes about 2½ hours chilling. Keep them in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
210 kcal	3.8 g	20 g	3.1 g	14 g	50 mg
880 kJ	8% of a day	17 g net · 15 g sugars	11% of a day	3.6 g saturated	2% of a day
		7% of a day		18% of a day	

Energy from net carbs 33% · protein 7% · fat 60%

High in (20%+ of a day) Omega-3 73%

Source of (10–19%) Magnesium 13%

Recipe and video: Everyday Food (@everydayfood) on YouTube — youtube.com/watch?v=1U7EedQ7qqE, published 11 March 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/edf-dark-chocolate-walnut-date-bars