

J-2 bars

- 1.5 cups organic raw cashews (Love's wholefoods has them for under \$11/pound) or combination of nuts to equal 1.5 cups (1/2 cup each of walnuts, almonds, cashews)
- 9-12 Medjool dates - pitted
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 2 Tbsps Enjoy Life chocolate mini morsels
- 2 Tbsps Shredded coconut

In a food processor (I use the old style Ninja blender) blend together the cashews, 8 dates, and salt until very crumbly. Add in the vanilla extract, chocolate mini morsels, shredded coconut and pulse to blend. Add more dates, one by one, blending just until the dough clumps together. Depending on the size or moisture level of your dates, you could need more or less than 12 total.

Press evenly into an 9" round glass pie dish (or 8 x 8 pan) and let rest one hour in fridge before slicing into pie shapes or squares. Keep at room temperature or refrigerator in airtight container up to 2 weeks.

