Nut Bars

*There are endless variations for this quick & easy no-bake, mostly-raw, no added sugar, fat-bomb   
free of major allergens (except nuts!). Fitting for a Keto Diet, which I don’t recommend long term.*

*Here’s how I originally created the recipe, which changes slightly every time I make it.   
Feel free to modify to fit your likes, moods and ingredients on hand.*

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¼ cup coconut or other oil, warm }  
¼ cup dates, pitted (about 10) } Mash dates into warm oil well  
¼ nut and/or seed butter } then mix in nut butter

1 – 1 ½ cups coarse ground raw nuts and seeds } Quick buzz in food processor or coffee grinder  
 } OR use mortar & pestle or knife on cutting board  
 { About ¼ cup each: walnut, pecan, cashew, sunflower, brazil  
 OR almond, hazelnut; OR pumpkin, sesame, chia seed (seeds may be left whole)}

¼ cup granola or toasted rolled oats  
¼ teaspoon salt

Mix everything together well and press firmly (to about 1/2 –inch thick)  
 into either a pie dish or an 8 x 8 baking dish.  
Cut into desired bar size before chilling.  
Refrigerate. Best served slightly chilled.

*This recipe not pictured*-------------------------------------------------------------------------------------

Fudgy Variation, Add into the above mixture  
2 - 3 tablespoons cocoa powder  
2 - 4 tablespoons dark chocolate shavings or chips

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