

Homemade Blueberry –Pecan Pie Protein BAR

Have you ever had a Lara Bar? They are one of the healthiest most natural bars out there, not to mention they are vegan, gluten free, AND raw. The bar basically combines dates with nuts, spices, and fruit, depending on the flavor. No baking required, only a food processor.



Makes 3 or 4 bars, depending on how large you cut them

- 1 cup pitted dates
- 1 cup of raw Georgia Pecans
- Splash of pure vanilla extract
- Pinch of cinnamon
- 1/4 cup dried blueberries, coarsely chopped

Put the dates, cinnamon, and vanilla in the bowl of a food processor and process until the dates are finely chopped. Remove them and place them in a medium-sized bowl. Next, add the pecans to the food processor and process until they are finely chopped. Put the pecan in the same bowl as the dates. Add the blueberries to the bowl and mix together with your hands until thoroughly combined. The mixture should hold together well. If it is too crumbly, add more finely chopped dates.

In a loaf pan lined with plastic wrap, mush the bar mixture down until it is the desired thickness you want it. Put the loaf pan in the freezer for about 10 minutes. This will help the mixture firm up so you can easily cut it. After the 10 minutes is up, remove the loaf pan and lift the bars out using the plastic wrap. Place on a cutting board or hard surface, and using a knife dipped in warm water, slice into bars. Depending on how big you want your bars, you should end up with 3 or 4. Wrap each bar in plastic wrap. If you are planning on eating the bars within a couple of days, they will be fine at room temperature. But, if you want them to last longer, place them in the refrigerator. Enjoy!