

# Homemade Larabars

## INGREDIENTS:

- 3 CUPS CASHEWS  
(OR NUT OF  
CHOICE)
- 3 CUPS PITTED  
DATES
- 2-3 TBSP MELTED  
COCONUT OIL



## TO MAKE:

- Pulse cashews in a food processor until finely ground
- Add dates and mix, scrapping down sides.
- Drizzle in melted coconut oil until mix comes together in a dough-like chunk.
- Pour onto parchment-lined surface and form into ball.
- Roll out into a rectangle and cut into desired shape.
- Separate with parchment and store in fridge.