

Eat Well; Stay Healthy

Source: Daniela Velez, RD



Date Walnut Energy Bars

- 2 cups Medjool dates, pitted (about 16)
- 1/2 cup dried fruit, ie cranberries, apricots
- 1 cup raw walnuts
- 1/2 cup hulled hemp seeds or sesame seeds
- 1/2 cup old-fashioned oats (or quinoa flakes or amaranth puffs)
- 1/4 tsp kosher salt

1. Soak dates in hot water for 30 minutes and drain. If dates are soft and fresh, skip this step.
2. Place all ingredients in a food processor and process on high till finely chopped and the mixture is pulling away from the bowl.
3. Line a bread 9x5 inch pan with plastic wrap, scoop the mixture into it and spread evenly. Fold plastic wrap edges over the mixture to cover it and gently press down, smoothing it out and packing it down—you want a dense loaf.

Flip pan to remove the loaf and remove the plastic wrap. Slice into desired thicknesses. Store tightly sealed in the refrigerator.

Decadent Chocolate Fix

A yummy (and healthy) chocolate pudding made with superfoods

6 soft pitted dates (if the dates you have are a bit dry, soak them in warm water for about half an hour and then drain)

1/2 avocado

4 tbsp high-quality unsweetened cocoa powder

1 to 2 tps water if mixture is not blending

Whiz together in a blender or food processor and purée till smooth. Eat as is or spread on crackers.