

# Chocolate Date Squares

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**Serves:** 8

**Prep time:** 10 minutes

## **Ingredients:**

1 cup pitted dates

1/2 cup unsalted cashews

1/4 cup walnuts

1/4 cup sunflower seeds (or pumpkin seeds)

1/4 cup cocoa powder

2 Tbsp water

## **Preparation:**

Place nuts and seeds in food processor and grind into a flour like consistency.

Place dates in a microwave-safe bowl, and pour 2 tablespoons of water over the top.

Heat date mixture in microwave for 30 seconds. Take out and mash with a fork. Then microwave for another 30 seconds, and mash again.

Add date mixture and cocoa powder to food processor and pulse until ground together.

Press into 8"x8" pan.

Chill for at least 1 hour before cutting into squares or bars. Enjoy!