

copy cat chocolate sea salt rx bars

Makes 20 servings

RECIPE ADAPTED FROM: [The Kitchen](#)

PREP TIME: 10 minutes

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- 1 cup whole raw almonds (about 5 ounces)
 - 1 cup whole raw cashews (about 5 ounces)
 - 1¼ cups egg white protein powder (3 ounces)*
 - ½ cup unsweetened cocoa powder (2 ounces)
 - 1 lb pitted dried dates, quartered (preferably Medjool, 28 to 30)
 - Up to ¼ cup water (as needed)
 - ½ tsp coarse sea salt
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NOTES:

- **You can substitute an equal amount of collagen peptides powder in place of egg white protein.**
- **If you like your bars with a little crunch, scoop out about ¼ cup of chopped nuts during step 1 before they are fully crumbled, sprinkle them on top of the mixture and press them in after transferring the mixture to a pan.**



PLACE the almonds and cashews in a food processor. Process until finely chopped into a crumb consistency, 1 to 1 ½ minutes.

ADD the egg white protein powder and cocoa powder and process for 30 seconds. You may need to stop the machine and scrape down the sides of the bowl.

ADD the dates and process for 3-5 minutes. The processor will be very full so the dough probably won't form a ball, but it should feel slightly tacky and hold together when squeezed. Add up to ¼ cup water until desired consistency is reached.

LINE a 9x13 or 11x7-inch pan with parchment paper so the paper extends at least a few inches beyond the edges of the pan.

TRANSFER the date mixture to the prepared pan.

PRESS down into an even layer with your fingers. You can also use a piece of parchment paper on top to help you press the dough into a smooth layer and keep your hands from getting too sticky.

SPRINKLE with salt and press lightly to adhere.

REFRIGERATE for at least 1 hour or freeze for 30 minutes to set.

GRASPING the parchment, pull the slab out of the pan and place on a cutting board. Using a pizza cutter or large knife, cut into 20 bars for Rx Bar size or more for smaller snacks.

STORE the bars between parchment paper in an airtight container, or wrap them individually in parchment paper for easy transport. Store in the refrigerator for up to 2 weeks or freeze for up to 3 months.