

Easy No-Bake Vegan Pineapple & Dates Energy Bars



Ingredients

- Dates: 1 cup. Pitted dates. Chopped
- Almonds: 1 cup
- Coconut Oil: 2 tbsp
- Desiccated Coconut: 1/2 cup
- Vanilla Essence: 1 tsp
- Pineapple: 1/4 cup. Chopped

Method:

1. Begin by soaking the dates in hot water for approximately 10 minutes.
2. After soaking, drain the dates and transfer them, along with the almonds, into a blender or food processor. Blend the almonds and dates until they form a very fine mixture.
3. Next, add the desiccated coconut, coconut oil, and vanilla essence to the blender or food processor. Pulse the mixture just once to incorporate the ingredients.
4. Remove the mixture from the blender and press it firmly into a dish lined with greaseproof paper. Allow the mixture to set in the fridge for about 2-3 hours.
5. Once set, gently remove the bars from the dish and cut them into pieces.
6. Store the bars in an airtight container. They will remain fresh for several days.