




Date and Apple Protein Bar

This recipe was created by Chef **Vishwa Mohan** from **AMS Food Services, UBC**

 Yield: 50 servings

 Serving Size: 1 bar

Ingredients

- 36 Medjool Dates
- 300 g (375 ml) Almonds, Raw
- 255 g (560 ml) Apple, Dry Unsweetened
- 180 g (375 ml) Walnuts, Raw
- 150 g (250 ml) raisins, golden
- 9 g (15 ml) ground cinnamon

Method

Step 1

Add the dates to a food processor or high-powered food processor (Robot Coupe) and blend until they're broken up. Add the dried apples, raisins, almonds, walnuts, and cinnamon.

Step 2

Pulse until combined – there should be small bits of nuts and raisins remaining, but not too big. Be careful not to over-process so it doesn't get too sticky or greasy.

Step 3

Press the dough into a small pan lined with parchment paper, or just place the date dough on the parchment paper and press into a square/rectangular shape, then use a rolling pin to flatten the top.

Step 4

Cover and chill in the refrigerator for at least an hour for it to solidify. Cut into desired shape.

HACCP

- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands.
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.