

Raw Recipe – Brazilian Carob Bars

Ingredients:

- 1 cup pitted dates
- ½ cup raw Brazil nuts
- ½ cup raw pecans
- 3 TBS carob or cacao powder
- pinch of salt
- ½ cup dried cherries

Directions:

Combine the dates, Brazil nuts, pecans, carob, and salt in a food processor and pulse until the nuts are finely ground and the mixture forms a homogenous paste.

Add the cherries and pulse until they are well incorporated but still slightly chunky.

Line an 8-inch square pan with waxed paper. Press the mixture into the pan and freeze for at least one hour. When frozen, cut into desired shapes. Store in the refrigerator or freezer.