

Chef John39s Chocolate Energy Bars

Oscar · 28/09/2024



Prep Time

3 hrs 5 mins

Dificult

Medium

Servings

12

Description

If you compare these chocolate energy bars to similar fruit and nut bars sold at the store I think they taste better are nutritionally superior and are probably cheaper to make at home The only problem is they look so good it takes your brain a millisecond to process that theyre not going to taste like the fudge brownies they resemble Store bars in the refrigerator in a resealable bag

Ingredients

- - 2 cups pitted Medjool dates
- roughly chopped - 2 cups raw cashews - 1 cup raw or roasted unsalted almonds - $\frac{3}{4}$ cup high-quality unsweetened cocoa powder (such as Guittard Cocoa Rouge) - $\frac{1}{2}$ cup unsweetened shredded coconut - 2 tablespoons coconut oil
- melted - 1 tablespoon cold espresso
- or more as needed (or water) - 2 teaspoons vanilla extract - $\frac{1}{2}$ teaspoon kosher salt - $\frac{1}{2}$ pinch cayenne pepper

Instructions

1. Place dates
2. cashews
3. almonds
4. cocoa powder
5. shredded coconut
6. coconut oil
7. cold espresso
8. vanilla
9. salt
10. and cayenne in the bowl of a food processor. Pulse on and off to start
11. then process for about 1 minute. Check to ensure mixture is sticky and moist enough to come together. Add more coffee if needed. Continue to process until mixture becomes a chunky mass. Line a baking pan with plastic wrap. Scoop mixture into pan. Press down with a spatula until mixture is even. Place a layer of plastic wrap on the surface and smooth again with your hands. Refrigerate until cold and firm
12. 2 to 3 hours. Remove from the pan and unwrap. Cut into 12 bars. Unknown Chef's Notes Try your hardest to find Medjool dates
13. but if you can't find them
14. any dried date should work
15. as long as it's soft and sticky enough. If the ones you're using seem too hard and dry
16. simply soak them in water until they soften up a bit. You can cut the bars into larger or smaller pieces if you'd like.