

Apricot Chia Homemade Energy Bars

Going to the beach and need a snack? Skip the processed food and bring these energy bars. They're simple, sweet, and delicious. They take no time at all to make and no baking required! Enjoy!

xoxo,

Kristin

- Line a 8×8 or 9×9 square pan with wax or paper.
- Place dates, apricots, chia seeds and cinnamon in a food processor, and process until the mixture forms a large mass.
- Break up slightly with a spatula, add pepitas to the mixture in the food processor, and pulse until there are small chunks of pepitas.
- Break up the mixture one more time, add dark chocolate chips and pulse a few times to slightly break and distribute the chips.
- Press the mixture into the prepared pan. You can cover the top with more paper and press an equal sized pan to roll the top with a glass to flatten completely.
- Refrigerate for 30-45 minutes, then slice into bars or squares.

Recipe from: cupcakesandkalechips.com. Serves 16