

# FRUIT & NUT PROTEIN BARS

## ALL YOU NEED:

- 1 (8 ounce) box chopped pitted dates
- ½ c. Hy-Vee vanilla whey protein powder
- ¼ c. Hy-Vee cocoa powder
- 3 tbsp water
- 1 c. walnuts or cashews
- ½ c. unsalted sunflower seeds



## ALL YOU DO:

1. In a food processor, combine dates, protein powder, cocoa powder and water.
2. Cover and process until combined.
3. Add walnuts and sunflower seeds; pulse once or twice until combined.
4. Spray an 8-inch square baking pan with cooking spray.
5. Press mixture evenly and firmly into pan.
6. Cut into 8 (2-by-4-inch) bars.
7. For convenience and portability, wrap bars individually with plastic wrap.
8. Store in refrigerator for up to 1 week

## NUTRITION FACTS PER SERVING:

Calories: 240; Carbohydrate: 29g; Dietary Fiber: 5g; Fat: 13g; Protein: 8g ; Saturated Fat: 1.5g;  
Sodium: 10mg; Trans Fats: 0g

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