



# WHITE CHOCOLATE AND MACADAMIA ENERGY BARS

This weeks delicious Recipe of the Week is a White Chocolate & Macadamia Nut energy bar from AW recipe contributor **Meg Phillips**. The name says it all really, mouthwatering with a healthy twist. Enjoy!

**Serving size:** Makes 10

## **Ingredients:**

2 cups of *raw cashews*

1/2 cup *desiccated coconut*

1/2 cup *rolled oats*

3 tablespoons *chia seeds*

1/2 cup chopped *macadamias*

1/2 cup *pea protein powder*

2 tablespoons *organic maca powder*

1/2 cup *caramelised buckinis or plain raw buckwheat*

1 cups of *dates*, soaked in hot water for 10 minutes

3 tablespoons *coconut oil*

2 tablespoons *rice malt syrup*

150g *white loving earth chocolate*, melted

## **Method:**

In a blender or high speed food processor blend the cashews, coconut and oats to a fine meal. Transfer this mixture to a large mixing bowl and add the chia seeds, chopped macadamia nuts,

pea protein, maca powder and buckinis/buckwheat and mix until well combined.

Drain the water from the dates and add them to the blender with the coconut oil and rice malt syrup. Blend until smooth.

Pour this liquid mixture into the mixing bowl and mix until well combined (you may need to mix for around 5 minutes using your hands so the mixture begins to stick together).

Press the mixture into a tin lined with baking paper and set in the freezer for a few hours until firm.

When the bars are almost set, melt the loving earth white chocolate with your preferred heating method.

Once set, cut into bars of desired size and shape and drizzle with the melted chocolate. Keep refrigerated until eaten. Enjoy.

**Dairy Free | Raw | Vegan**

*To see more from Meg visit her instagram page [here](#)*