



 **10%**
HEALTH SCORE

Easy, All-Natural Protein Bars

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

Ingredients

- 1 cup almonds
- 0.7 cup dates
- 0.7 cup figs dried
- 3 tablespoons hemp protein powder

Equipment

- food processor
- blender

Directions

- Simple Process
- Process the almonds (or other nuts) in a food processor or high-speed blender. You don't need a fine powder, but if the almond chunks are
- too large it may be difficult to keep the bars from falling apart.
- Add the figs, dates, or another moist dried fruit and process until evenly mixed. You may need to scrape the sides of your blender a few times.
- Add any mix-ins you desire (shredded coconut, chocolate chips, protein powder, etc.) Be careful not to make the mixture too wet or too dry. If
- necessary, you can add a little water to help blend. Dump the mixture onto a flat surface and form your bars. Store in the fridge or freezer. Enjoy! That's all

Nutrition Facts

 PROTEIN **11.95%**  FAT **43.49%**  CARBS **44.56%**

Properties

Glycemic Index:15.5, Glycemic Load:8.68, Inflammation Score:-4, Nutrition Score:10.112173913043%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Taste

Sweetness: 100%, Saltiness: 16.78%, Sourness: 12.28%, Bitterness: 15.9%, Savoriness: 35.43%, Fattiness: 50.75%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 240.92kcal (12.05%), Fat: 12.53g (19.28%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 22.24g (8.09%), Sugar: 19.5g (21.66%), Cholesterol: 0mg (0%), Sodium: 2.22mg (0.1%), Protein: 7.75g (15.5%), Vitamin E: 6.17mg (41.13%), Manganese: 0.67mg (33.59%), Fiber: 6.64g (26.57%), Magnesium:

82.63mg (20.66%), Vitamin B2: 0.3mg (17.42%), Copper: 0.33mg (16.33%), Phosphorus: 135.86mg (13.59%), Potassium: 394.42mg (11.27%), Calcium: 100.14mg (10.01%), Iron: 1.7mg (9.45%), Zinc: 0.9mg (6%), Vitamin B3: 1.17mg (5.86%), Vitamin B1: 0.07mg (4.76%), Vitamin B6: 0.08mg (3.86%), Folate: 15.08µg (3.77%), Vitamin K: 3.02µg (2.88%), Vitamin B5: 0.28mg (2.8%), Selenium: 1.57µg (2.24%)