



## December 23- Macadamia Nut Bars

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1970001>

### Recipe

*Ingredients:*

- ¾ cup coconut flakes
- 8 dates, pits removed
- ¾ cup macadamia nuts
- ¾ cup sunflower seeds
- ¼ teaspoon cinnamon
- ½ cup raisins
- 1 teaspoon honey
- ½ cup dried cherries
- ½ teaspoon vanilla

*Directions:*

1. Add all ingredients to food processor and blend until everything is chopped into small pieces and mixture is sticky.
2. Place mixture on large piece of plastic wrap. Shape into rectangle, pressing and patting until very dense and it sticks together.
3. Wrap tightly and refrigerate for a few hours. Slice into bars once firm.

Yield 14 servings

Nutrition Facts	
Serving Size 1 bar (41.18g)	
Servings Per Container 14	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>16%</b>
Saturated Fat 2.5g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 17g	
<b>Protein</b> 3g	<b>5%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	