

# NO BAKE ENERGY BAR

## INGREDIENTS

- 8 oz Almonds (raw) (soaked) (dehydrated)
- 8 oz Pecans (raw) (soaked) (dehydrated)
- 8 T Honey (raw) (slightly melted)
- 8 T Nut butter (your choice)
- 8 T Carob chips
- Sea Salt (to taste)

## DIRECTIONS

- 1 Line square dish with parchment paper
- 2 Mix together the melted honey & nut butter & allow to cool
- 3 Mix the remaining ingredients together & press firmly into dish
- 4 Refrigerate for at least 2 hours & then slice into bars
- 5 Store in refrigerator

## DEHYDRATING NUTS

- 1 You'll need Sea Salt (1 T for 4 C nuts) & enough filtered water to cover the nuts  
Before you go to sleep, combine the nuts, sea salt & water in a large glass bowl  
Stir the mix & then cover the bowl with a firm cover not a towel  
Set the bowl in a warm place for 12 hours  
Pre-heat the oven to 150 F  
Remove the cover to the nuts & rinse nuts thoroughly in a colander  
Spread the nuts out on a cookie sheet pan  
Place the nuts in the oven for 12-24 hours stirring occasionally  
Cool completely before using or storing the nuts  
This process makes for crispier nuts
- 2 If you aren't soaking & dehydrating your nuts then add 1 t salt to the honey & nut butter mix
- 3 Raw honey doesn't need Kosher supervision

