

# Homemade energy bars (vegan)



 15 min.  203 kcal  SteviaSweet Crystal

## Preparation

Coarsely grind almonds, hazelnuts and [SteviaSweet Crystal](#) in a food processor. Add the dried dates in small portions. Then add the rest of the ingredients, mixing everything thoroughly. Press the mixture flat into a loaf pan or on a piece of baking paper. Leave to cool in the refrigerator for several hours. Cut into bars, then place into an airtight container to store them.

## Ingredients for 12 servings

100 g	unpeeled almonds
100 g	chopped hazelnuts
1 tbsp	<a href="#">SteviaSweet Crystal</a>
300 g	dried dates
3 tbsp	coconut flakes
1 tbsp	cocoa nibs
1	zest of a lemon

## Nutritional information per portion

203	kcal
853	kJ
4	g Protein
19	g Carbohydrates
12	g Fat