



## **Black Walnut Energy Bars**

**by Chef Rob Corliss**

*Makes 12 portions.*

### **Ingredients**

1 cup Hammons Black Walnuts, fancy large

½ cup dried cranberries, whole

½ cup dried figs, whole, stems removed

¼ cup ground flaxseed

¼ cup honey

2 Tbsp. filtered water, cold

2 Tbsp. vanilla whey protein powder

2 tsp. ground cinnamon

¼ tsp. ground cloves

2 Tbsp. chia seeds

½ cup Hammons Black Walnuts, fancy large

½ cup dried cranberries, whole

¼ cup pepitas (shelled pumpkin seeds, green), whole

¼ cup white chocolate chips, whole

## Directions

1. Place 1 cup Hammons Black Walnuts, 1/2 cup cranberries, figs, flaxseed, honey, water, whey protein powder, cinnamon, cloves and chia seeds in a food processor. Pulse into a small ground texture for approximately 15 quick pulses (DO NOT puree). The ingredients will be firm enough to hold their shape when squeezed together. Remove the mixture from the food processor and place in a mixing bowl.
2. Add the remaining 1/2 cup Hammons Black Walnuts, 1/2 cup cranberries, pepitas and white chocolate chips; and work into the mixture, with your hands, until evenly combined.
3. Firmly press the energy bar mixture into an 8" x 8" pan lined with plastic wrap, ensuring an even layer of mixture throughout the pan. Fold the edges of the plastic wrap over the mixture. Press down evenly again and refrigerate for 30 minutes.
4. Unmold the energy bar mixture from the pan. Remove and discard the plastic wrap, then slice into 12 even and rectangle shaped Black Walnut Energy Bars.
5. Serve and enjoy chilled or at room temperature!

*The Black Walnut Energy Bars can also be kept refrigerated (covered) for up to 3 weeks or frozen (covered) for up to 3 months.*