

# Cardamom Date Nut Bars

Serving Size: 2 oz.      Makes 10 servings

## Ingredients:

1¼ cups    Almonds, slivered  
12 each    Mejuol Dates, pitted, chopped  
3 tsp        Cardamom  
3 TBSP     100% orange juice  
4 oz        Pecan halves

NUTRITION FACTS	
PER SERVING	
<b>calories</b>	240
<b>total fat (g)</b>	15
saturated fat (g)	1
trans fat (g)	0
<b>sodium (mg)</b>	3
<b>total carbohydrate (g)</b>	26
dietary fiber (g)	5
sugar (g)	19
<b>protein (g)</b>	5



## Preparation:

1. Place almonds in a single layer on a baking sheet and toast at 350°F until nutty brown and fragrant (around 7-8 minutes)
2. Allow the almonds to cool then add them to a food processor.
3. Grind the almonds until they are as fine as possible.
4. Remove half the ground up almonds from the processor and set aside.
5. Add dates and cardamom to the food processor and grind as fine as possible.
6. Slowly add orange juice until the mixture comes together like dough.
7. Sprinkle half of the reserved ground almonds into a thin layer on a sheet pan.
8. Place date mixture on top and press until ¼ to ½ inch thick.
9. Sprinkle remaining ground almonds on top and gently press to even out the top (use the bottom of a cup or a rolling pin)
10. Cut into rectangle bars, 10 total.
11. Store at room temperature or in the refrigerator.



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