

SNACKS & DESSERTS

Dark Chocolate Almond Oat Bars

Makes about 12 bars · 1 bar each

SATIETY SCORE	NUTRITION
4 / 5	HIGH
Per serving (approx.): Protein 10 g · Fiber 7 g · Calories 340	

Ingredients

- 1 cup prunes (or dates)
- 1 cup raw almonds (or other nut of your choice)
- 2 cups whole-grain rolled oats
- 1 cup natural peanut butter, melted (or other nut butter)
- 2 Tbsp flax meal
- 2 Tbsp chia seeds
- 1 Tbsp honey
- 1 tsp cinnamon
- 1 tsp vanilla
- Dash of salt
- 2–4 oz dark chocolate chips or bar, to drizzle on top

Directions

1. Blend the prunes in a food processor until a sticky paste forms.
2. Add all remaining ingredients except the chocolate, and blend to a crumbly mixture.
3. Press into a parchment-lined pan (8"×8" for thicker bars, 9"×13" for thinner bars).
4. Melt the chocolate and drizzle over the top.
5. Chill in the fridge or freezer until set, then cut into bars.

Note: Store in the fridge up to 1 week. If the bars crumble, use as a granola topping for yogurt or smoothies.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PANTRY & DRY GOODS

- ☐ 1 cup prunes
- ☐ 1 cup raw almonds
- ☐ 2 cups whole-grain rolled oats
- ☐ 1 cup natural peanut butter
- ☐ 2 Tbsp flax meal
- ☐ 2 Tbsp chia seeds
- ☐ 2–4 oz dark chocolate chips or bar, to drizzle on top

CHECK YOUR PANTRY

- ☐ Honey
- ☐ Cinnamon
- ☐ Vanilla extract
- ☐ Salt