

# Chocolate coconut energy bars



**DYNAMIX**  
HEALTH & FITNESS

80g ripe banana  
30g soft pitted dates  
80g ground almonds  
20g unsweetened coconut flakes  
2 tbsps ground flaxseed  
1 tbsp chia seeds  
40g vanilla or chocolate flavour  
whey or rice protein powder  
120g tahini, stirred well  
30g coconut oil  
35g cocoa nibs  
a pinch of sea salt

**MAKES 12 BARS**

Line a 15x15cm baking tin with baking paper.

Mash the banana in a bowl.

Place the dates and ground almonds in a blender and blend until smooth. Transfer to the bowl with the banana.

Add the remaining ingredients and mix well to combine. Add a splash of cold water if the mixture is too crumbly,

Transfer the mixture to the tin and spread evenly with a spatula. Press down to compact the mixture.

Refrigerate until firm. Cut into 12 bars. Serve.

*Store any leftovers in an airtight container and freeze for up to 2 weeks. Remove from freezer 10-15 minutes before serving.*



PER BAR:  
200 Calories  
**6g Carbs**  
**8g Protein**  
**16g Fat**

