Cashew Cookie Lara-bar

These are very easy to make and much cheaper than actual Lara bars.

Ingredients:

1 cup pitted dates

1 cup raw cashews

¼ cup almond butter

1 tablespoon unsweetened almond milk or water

Directions:

1. Combine dates, cashews, almond butter and almond milk in a food processor and puree until the mixture begins to stick together. Add a little more almond milk if necessary to make mixture stick together.
2. Pick up the date mixture and use your hands to mix date mixture together, squeezing it into a big clump. Mash it down on cutting board or sheet of waxed paper and form it into one even rectangle shape using the sides of your hands (or knife) to make the edges straight.
3. Slice into 12 even squares. These can be stored at room temperature, but store in the refrigerator for best results.

