

## Date Paste

## Dr D's blood sugar balanced bars October 2014

- \*50 dates soaked overnight                      50 dates = 250g of Carbohydrate
- \*Pit the dates and discard the water
- \*Add 6 Tbs of Cold pressed Walnut oil then put in a food processor
- \*Blend until creamy

## Bars

	Carbs: _____	Protein:
Add the following to the Date Paste:	250g	
*6 Tbs Raw Cocoa Powder	3.2g	1.2g
* 2 Cups almond flour	48g	48g
* 1 Cup Hazelnut flour	20g	16g
* 3 1/2 Cups of Pumpkin Protein	42g	266g
*7 Tbs + 1 tsp coconut sugar	69g	0g
7 Tbs Xylitol	0g	0g
*pinch of sea salt		
	Total: 432.6g	333.6g

To give different flavors, you might hold the cocoa and or add one or all of the list below:

- \*6 Tbs Powdered Decaf Coffee (Instant Starbuck Italian roast decaf) **or**
- \*4 Tbs organic real Vanilla **or 4Tbs of Cinnamon**
- \*3 Tbs of organic Ginger (fresh grounded) **and**
- \* Add extras Xylitol (from birch tree only) for extra sweetening if needed (= 0 grams of carb)

**Makes approximately 16 Bars of 21g of Protein and 27g of Carbohydrate.**

\*Spread on wax paper and fashion with your hands so you can divide into 16 pieces. Cut as you need. Keep refrigerated.