

SNACK BARS - 101 EASY & HEALTHY RECIPES

Ryan Molenda

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I left them in the fridge longer than 20 minutes since they were falling apart when I cut them initially, but they still are not staying. Carrots are also rich in antioxidants and vitamins like A, C, and K.

I realize that my comment here is very late to the party, but... I just made these. The chia seeds add a different texture to these and also provides the nutritional value. The recipe plug in is easy recipe and I use calorie count. Makes for a good afternoon pick me up treat. Can't wait to try some other recipes from the site. Not everyone has a food processor. The dates act as the binding agent.