

Walnut Brownie Bars

Ingredients

Preparation time: 30 minutes

Servings: 12

Cost: \$

1 cup raw almond meal

1/2 cup HERSHEY'S Cocoa

1/8 tsp. sea salt

1/2 cup pitted Medjool dates

2 Tbsp. honey (or agave)

1/4 cup raw walnuts, crushed

Directions

1. Place almond meal, cacao powder, and salt in a large mixing bowl and mix well.
2. Place dates in a food processor and blend until finely chopped, then add to mixing bowl with honey. Stir until everything is combined.
3. Stir in crushed walnuts.
4. Line bread loaf pan with parchment paper.
5. Press mixture into the bottom of pan and chill in refrigerator for 30 minutes.
6. Cut into 12 bars and enjoy!



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Walnut Brownie Bars	
Amount	1 bar
Calories	109
Fat (g)	7
Sat. Fat (g)	1
Carb. (g)	13
Fiber (g)	3
Protein (g)	3
Allergen Info: Gluten free, Vegan	

USOC Sport Nutrition Team

Shawn Hueglin, PhD, RD, CSSD

shawn.hueglin@usoc.org

Liz Broad, PhD, AdvSpDiet

elizabeth.Broad@usoc.org

Alicia Kendig, MS, RD, CSSD

alicia.kendig@usoc.org

Susie Parker-Simmons, MS, M.ed

susie.parkersimmons@usoc.org

Rob Skinner, MS, RD, CSSD

rob.skinner@usoc.org



Follow us @Nutr4TeamUSA

Cooking Tip

If stored in the fridge, these can last for a week or more. Pair brownies with a glass of skim milk for a nighttime recovery snack. Substitute almonds, cashews, or pistachios for walnuts. If dates are hard to find, prunes can be used as a substitute.

Performance Facts

These bars provide a good source of dietary fiber, which can help to curb hunger. They are rich in Omega-3 fatty acids, an unsaturated fat that may help alleviate inflammation. Lastly, the brownies are rich in antioxidants which can reduce the oxidative stress associated with prolonged, strenuous exercise.