

# Snickers Power Snacks

with Dates, Peanuts and Cocoa

## Ingredients for ca. 30 Bars

### **For the Filling:**

140g Dates (soft pitted)  
200 g Roasted Peanuts unsalted  
(see Tip for roasting)  
1 Teaspoon Vanilla essence  
1 large Pinch of Salt  
4-6 Dessert Spoons of water  
Cling Film ca. 40 x 25cm  
Ca. 50 Roasted Peanuts unsalted



### **For the two outside Chocolate Layers:**

250g Dates (soft pitted)  
200g Roasted Peanuts (unsalted)  
20g Cocoa Powder  
1 large Pinch of Salt  
4-6 Dessert Spoons of water  
2 x Cling Film ca. 40 x 25 cm

## Preparation

1. Finely grind the dates, 200g roasted peanuts, vanilla essence and salt in a blender, then add 4-6 dessert spoons of water until the mixture resembles a dough.
2. Cut a piece of cling film (ca. 40 x 25 cm) and lay it on the worktop. Using wet hands, press the dough onto the cling film and roll out using a wet rolling pin until about 30 x 20cm. Put this dough aside.
3. For the outside chocolate layers: Finely grind the dates, roasted peanuts, cocoa powder and salt in a blender, then add 4-6 dessert spoons of water until the mixture resembles a dough.
4. Half the chocolate dough and put one half on each of the sheets of cling film. Press the dough onto the cling film and roll out using a wet rolling pin until about 30 x 20 cm in size. Repeat the same with the second chocolate dough.

5. We are now going to put the power snack layers together. One chocolate layer should be at the bottom. The next layer is the filling layer from step 1. Use the cling film to help you flip the filling onto the chocolate layer. Use your fingers to gently lift the filling so that they are on top of each other. Gently press the two layers together.
6. Gently press the ca. 50 peanuts into the filling so that it looks like the middle of a snickers bar.
7. Lift the second chocolate layer with the help of the cling film, then flip it onto the protruding peanuts and press down gently. If you want you can even roll all the edges in (or even cut them off) to make it all look neater.
8. If you want, you can cut the bars into portions now. If the dough is too sticky you can freeze it for 1-2 hours and cut it frozen.

The Snicker Power Snacks keep for at least 4-6 months in the freezer.

#### Tip:

#### How to roast peanuts on a baking tray

Heat the fan oven to 180°C. Put the peanuts onto a lined baking tray, I like to use a silicone baking mat but if you don't have one you can use normal greaseproof paper. Roast the peanuts in the oven for ca. 20 mins. After 10 minutes you can use a spoon to mix them up so that they are all brown. Keep an eye on the nuts so that they are brown but not burnt. **IMPORTANT: STAY IN THE ROOM!!** The nuts could roast faster and will then be burnt.

#### Handling a sticky dough

It is ALWAYS easier with wet hands. That way it doesn't stick.