**CRUNCHY ALMOND & CHOCOLATE BARS**

**Ingredients**

* White chocolate 250 gms
* Almonds, chopped 100 gms
* Cashewnuts, chopped 100 gms
* Dates, seeded and chopped 100 gms

**Methods**

* Whenever you feel the need of instant energy, chew on these bars
* Add the almonds, cashewnuts and dates and mix well.
* Spread the mixture on a silicon mat and set aside to rest.
* Cut into bars and serve.