

ONE BITE

VEGAN MAGAZINE

HOW TO MAKE
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Sushi

Superfood Infused
Coconut
and Cacao
Donuts

MUST TRY
Bliss Ball
- 4 WAYS!

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FUN-SIZED
FLAVOR-FILLED
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RECIPES

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Zucchini
Tater Tots

Party Perfect Spinach Cheese
Pizza Rolls

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Copycat Hazelnut Coffee Maca Thunderbird Bars

By: **Kaila Proulx**

Based on the bar from **Thunderbird**



Aromatic coffee combines with rich chocolate, hazelnuts, and superfood maca for the ultimate energy bar! Raw, vegan, gluten-free, and no added sugar, these copycat bars taste just like your favorite Thunderbird bar.





**Copycat Hazelnut Coffee Maca
Thunderbird Bars**
Makes 8 bars

INGREDIENTS:

- 1 heaping cup of medjool dates, pitted
- ½ cup raw or dry roasted, unsalted almonds
- ½ cup dry roasted, unsalted hazelnuts (I got mine from Trader Joe's)
- ¼ heaping cup cacao butter
- 6oz Justin's Chocolate Hazelnut butter or plain hazelnut butter
- 1 tbsp chia seeds
- 2 tbsp unsweetened cocoa powder
- ¼ tsp sea salt
- ½ tsp vanilla bean powder
- 1 tbsp maca powder
- 1 ½ tbsp. instant coffee

INSTRUCTIONS:

Put nut and dates in a food processor and pulse until mostly combined. Add the remaining ingredients and process until a clumpy texture starts to form. Remove mixture from the processor place on a piece of parchment paper. Form in the mixture into a long rectangle and slice into 8 bars. Place in the freezer for 20 minutes or in the refrigerator for an hour to let them set. Store in the fridge.



ABOUT THE AUTHOR

Kaila is a healthy living blogger with a passion for helping people on their journey to wellness. As a certified personal trainer and nutrition coach, she shares delicious recipes, fun fitness tips, and a daily inspiration for living your best life possible on her blog. Head to healthyhelperblog.com to learn more about Kaila, make some of her yummy clean-eating recipes, and discover that healthy living can be FUN.

