

PALEO NUT ENERGY BARS

(slightly modified from [Tastes of Lizzy T's](#))

2 cups chopped pecans
1 cup chopped walnuts
1 cup chopped almonds
20 dates, finely chopped
 $\frac{3}{4}$ cup egg whites (*I used store bought egg whites*)
1 tablespoons cinnamon
 $\frac{1}{4}$ tsp ground cardamom seeds
 $1\frac{1}{2}$ teaspoons vanilla

Heat the oven to 350 degrees.

In a large bowl, mix together all of the ingredients. To prepare the 9x13 pan, line it with parchment paper and spray it with cooking spray. Press the nut mixture into the bottom of the pan.

Bake for 16-18 minutes. Allow the bars to cool for 5 minutes, then pull on the paper to remove them from the pan. Use a pizza cutter to slice the bars into rectangles or squares of the size you'd like.