

Fruit and Nut Bars



MAKES 8 BARS

INGREDIENTS

- ¼ cup 100% unsweetened orange juice
- ½ cup whole dates (about 5), halved and pitted
- 1 cup whole raw unsalted almonds with skins
- ½ cup dried apricots (sulfite-free)
- ¼ cup dried plums (prunes) (sulfite-free)
- ¼ tsp sea salt
- ¼ cup raw unsalted pumpkin seeds
- ¼ cup raw unsalted sunflower seeds
- 1 Tbsp ground flax seeds (optional)

DIRECTIONS

1. Pre-heat oven to 300 degrees. Pour orange juice over dates. Let soak for approximately 5 minutes.
2. Place almonds, dried apricots and dried plums in a food processor and pulse a few times until coarsely chopped.
3. Add salt and dates with orange juice and pulse until mixture starts to stick together. Add pumpkin seeds and sunflower seeds. Pulse a few times to mix.
4. Using clean, wet hands, scoop mixture onto a work surface and form into a log about 3 inches wide and an inch thick. Use your palms to flatten into a bar and cut bar into 8 equal pieces.
5. Arrange pieces about 1 inch apart on a parchment lined baking sheet. Bake 8 minutes. Flip bars over and bake for another 8 minutes, or until nuts are toasted, but before fruit begins to burn. Let cool before serving.

TIPS

- Experiment with your favorite dried fruits such as cranberries, blueberries, cherries, etc..
- Add dark chocolate chips or karob chips.
- Add flax seeds. In addition to being a source of iron, magnesium and potassium, flaxseeds are high in fiber so they help you to stay regular and keep your cholesterol under control.
- Store in airtight container for up to 4 days.

