

Apricot Almond Bars – Vegan

Prep Time: 15 minutes
Cook Time: 30 minutes
Total Time: 45 minutes

Yield: 16 bars
Serving Size: 16
Calories per serving: 133
Fat per serving: 7 grams

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Ingredients

- 1 1/2 cups almonds (or other nuts, raw or roasted but unsalted)
- 1 cup Medjool dates, pitted
- 1 cup dried apricot (or other dried fruit)
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Instructions

1. Line an 8 or 9-inch square baking dish with parchment paper or wax paper. In a food processor, pulse the almonds until they are chopped (stop before they start turning into nut butter). Pour them into a bowl.
2. Process the pitted dates, dried apricots until the dried fruits are mashed into a paste. They may try to ball up in the processor, in which case you'll want to stop and break up the mixture with a spoon before continuing.
3. Break up the fruit mixture and add the nuts to the food processor. Processes until the chopped nuts are incorporated evenly into the fruit mixture. Transfer the mixture to the baking dish, and use your hands to press it into an even layer.
4. Chill the baking dish in the freezer for at least 30 minutes, then use a sharp knife to cut the fruit-and-nut blend into squares or bars. Wrap each bar tightly for individual servings. These bars should last for a couple of weeks at room temperature, but store them in the refrigerator or freezer for prolonged shelf life.

Notes

Nutrition facts (per serving – 1 bar): Calories: 133, from fat: 56, total fat: 7g, cholesterol: 0mg, sodium: 3mg, total carbohydrate: 17g, fiber: 3g, sugar: 12g, protein: 3g.