



Apricot Date Bars

We love these simple and healthy no-bake granola bars! A perfect snack on the go!

Yield:

Makes about 16-20 Bars

Ingredients:

1-1/2 cup rolled oats
1-1/2 cups walnuts
1 cup dried apricots
1 cup dates
1/3 cup almond butter
1 cup shredded unsweetened coconut
1/4 cup flax seeds

Directions:

Preheat oven to 375. Spread the oats and walnuts on a baking sheet. Toast until golden brown. (This is optional. To save time, you don't have to toast the oats and walnuts).

Line a 9x9 inch pan with plastic wrap.

Soak dates in hot water for about 15 minutes to soften. In a food processor, puree the apricots and dates to a paste (add water from dates). Add almond butter and blend well in food processor with apricots and dates. Scrape into a bowl. Add oats, walnuts, coconut, flax seeds and salt to the food processor and pulse until blended. Stir into the apricot/date mixture and combine well. Press the mixture into the prepared pan and chill until firm, about 1 hour. Cut into bars and serve! Keep refrigerated.