

FRUIT & NUT BARS

INGREDIENTS

- 1 1/2 C Dried fruits (mix of all or just a couple - raisins, apricots, dates, prunes & cherries)
- 1 1/2 C Nuts (mix of all or just a couple - pistachios, pecans, walnuts, almonds, cashews etc) (shelled)
- 8 T Whole wheat pastry flour **OR** gluten-free flour
- 5 T Coconut sugar (tastes & looks like brown sugar) **OR** sugar substitute
- 3/4 C Egg substitute **OR** 3 large eggs
- 1/4 t Nutmeg powder
- 1/2 t Cinnamon powder
- 1/4 t Salt
- Pinch Cloves (ground)



DIRECTIONS

- 1 The apricots, dates &/or prunes need to be chopped in 1/4s (see photo)
- 2 After removing the nuts from their shells, some will need to be sliced or chopped to 1/2 size or 1/4 size (see photo)
- 3 Mix egg substitute lightly in a big bowl
- 4 Add flour, sugar, nutmeg, cinnamon, cloves & salt & thoroughly combine
- 5 Stir the dried fruits & nuts into the dry mix
- 6 Line a loaf pan with parchment paper & pour in the mix
- 7 Place the mix in the parchment lined pan
- 8 Bake in a pre-heated oven at 160 F for 1 hr
- 9 Cool & use a very sharp knife to cut thin slices

