Fruit and Nut Bars
adapted from Delish.com
- Vegan, Vegetarian, Gluten-friendly
- Major Allergens: Peanuts

Level of Difficulty: 🌟🌟🌟🌟🌟

12 Servings
Nutrition Facts per Serving:
Calories: 300  Protein (g): 8
Fat (g): 16  Carbohydrate (g): 52

Ingredients:
- 1 c. pitted dates (about 12)
- 1/2 c. peanut or almond butter
- 1/4 c. honey
- 1 tsp. pure vanilla extract
- 1 c. roasted unsalted almonds, roughly chopped
- 1/2 c. rolled oats
- 3/4 c. dried fruit (cranberries, golden raisins, sliced apricots)
- 1/4 c. pumpkin seeds

Instructions:
1. Line an 8" square pan with nonstick foil, leaving an overhang on all sides.

2. In a food processor, chop the dates (they will form a ball); transfer to a bowl.

3. In a small saucepan over medium heat, melt the peanut butter, honey and vanilla, stirring occasionally, until combined, about 1 minute. Add to the bowl and mix to combine.

4. Fold in the almonds, oats, dried fruit and pumpkin seeds. Press the mixture into the prepared pan and freeze until sliceable, about 30 minutes. Cut into 12 bars. Store in the refrigerator.