

Apricot Bars

Ingredients

1/2 cup whole	Almonds, raw
1 cup	Apricot, dried (dried)
1/2 cup pitted	Dates (pitted)
1/4 cup	Coconut, shredded, unsweetened

Nutrition Facts Per Portion **Calories** 398 Calories from fat 154 Calories from saturated fat 23.5 17.1 g Total Fat Saturated Fat 2.6 g Trans Fat 0.0 g 3.2 g Polyunsaturated Fat Monounsaturated Fat 8.1 g **Cholesterol Sodium** 7.3 mg 918 mg **Potassium Total Carbohydrate** 58 g **Dietary Fiber** 9.6 g Sugars 45 g **Protein** 8.0 g

Instructions

- 1. Place almonds in a food processor and process for 10-15 seconds until fine with coarse pieces still visible,
- 2. Add in the apricots, dates and coconut shreds and process again until well combined.
- 3. Line a baking tray with parchment paper and press the mixture into a large rectangle about half an inch thick.
- 4. Chill in the freezer for at least 30 minutes before cutting into bars.
- 5. Store the bars in the refrigerator for up to 1 week or in an airtight container in the freezer for up to 1 month.

Dietary servings Per Portion

Fruit 1.2 Meat Alternative 0.7

Energy sources

Carbohydrates 53% Fat 39% Protein 8%

