

Cooking with the DIETITIANS

APRICOT ALMOND ENERGY BARS

Time: 10 minutes / Servings: 12

INGREDIENTS

1 cup almonds, finely chopped in blender
~ ¾ cup dried apricots (10-12 pieces)
~ 2/3 cup dried chopped dates (5-6oz)
1 cup oatmeal, finely ground in blender
¼ tsp cinnamon



DIRECTIONS

1. Put oat and cinnamon into blender. Blend until it is a rough floury consistency. Pour out and save for later.
2. Place almonds into the blender and pulse until rough chopped (still in chunks)
3. Add apricots and dates. Take of blender and shake to mix. Alternate between pulse and shaking the blender until mixture forms a thick paste (This took me 3-4 pulses)
4. Dump the contents of the blender into the bowl with the oat mixture.
5. Using your hands, mix the oats into the paste until it combined. It should be slightly sticky but not wet. If it is too wet, try adding more oats.
6. At this point you can either split the mixture into 12 portions and roll them into balls or you can take a piece of foil or wax paper and mold the mixture into a pan so that it can be cut into bars.

Note: The nice this about these bars is that you can use different nuts, dried fruit, or spices to make your own flavor combination!

NUTRITION FACTS (PER SERVING):

Calories: 143, Total Fat: 5g, Saturated Fat: 0g, Sodium: 7mg, Carbohydrates: 22g, Fiber: 3g, Sugar: 13g, Protein: 3g, Vitamin A: 5%, Vitamin C: 1%, Calcium: 5%, Iron 5%

Recipe adapted from: <http://cupcakesandkalechips.com/2014/09/25/apricot-chia-energy-bars/>

A collaboration with USF Dining