



ANYTIME BARS

Recipe by Rebecca Katz, Cancer Fighting Kitchen

INGREDIENTS

- 2 cup raw pecans or walnuts
- 1 cup whole raw almonds
- 4 Tbsp almond meal or flour
- 2 Tbsp ground flax
- 1/4 ts sea salt
- 1/8 tsp baking powder
- 1/8 tsp baking soda
- 1/4 up old-fashioned rolled oats
- 1 cup pitted dates, quartered
- 1 cup dried apricots, halved
- 1 egg
- 5 Tbsp maple syrup
- 1 tsp vanilla extract

NOTES

- Recipe yields 25 bars
- Can hand chop fruit and nuts if you do not have access to a food processor.
- Add other dried fruit or nuts based on your preference

PREPARATION

1. Preheat the oven to 350 degrees F and line a baking sheet with parchment paper. Lightly oil a 9-inch square pan.
2. Spread the nuts in a single layer on the baking sheet and toast for 7-10 minutes, until slightly browned and aromatic. Turn oven down to 325 degrees F.
3. Combine almond meal, flax, salt, baking powder and baking soda in a food processor and blend for 5 seconds to combine. Add the nuts and pulse 5 times to chop.
4. Add oats and dried fruit and pulse 10-15 times, until the mixture is well chopped.
5. In a large bowl, whisk the egg, maple syrup, and vanilla together. Add the fruit and nut mixture and use your hands to mix.
6. Evenly spread the mixture in the baking pan and bake for 25-30 minutes, until golden brown.
7. Let cool on a wire rack for 5 minutes, then cut into 25 squares.

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