

Brenda’s Fruit and Nut Bars

I try to purchase organic ingredients and all are unsalted and unsweetened unless noted. Recipe is approximately 1:1 fruit to nuts. Experiment with what you have on hand.

Nuts

- 1 cup almonds
- 1 cup pecans
- 1 cup walnuts
- 1 cup sunflower seeds
- 1 cup pumpkin seeds (pepeta)
- 1 cup Golden flax seeds

Finely grind separately almonds, pecans, and walnuts in a food processor to release oils. I grind the almonds, pecans, and walnuts almost into a paste. Grind flax seeds in spice grinder. Flax needs to be broken up in order for you to digest the good stuff. Medium grind sunflower and pumpkin seeds. Bars may not stick together well if nuts are too large.

Fruit

- 1 cup coconut flakes
- 1.5 cup dried and pitted dates
- 1 cup dried and pitted apricots
- 1 cup raisins
- 1 cup cranberries (juice sweetened)

Chop each dried fruit up separately as fine as you can in a food processor. Coconut can be medium to course.

Mix nuts and fruit together in a large mixer until you can form a patty that sticks together. You may need to add a couple tbs of water but don’t add too much-just enough to get it to stick.

Roll into patties by hand or a sheet cake pan with rolling pin and wrap individually. Store in the Freezer. The bars can be eaten right out of the freezer as they do not get rock hard like processed bars.

Extras/variations

- Chopped Dark Chocolate Bar. I like to use 87% cocoa with espresso beans
- 2 cups Hammer Whey Protein (makes it drier so add a couple tbs water per cup and I add ½ cup more dates per cup of whey)
- Chopped Crystallized Ginger
- Have fun and try some new stuff

	amount	protien	calories	total fat	sat fat	trans fat
almonds	1 c	30	822	71	5	0
peacans	1 c	9	684	71	6	0
walnuts	1 c	18	785	78	7	0
sunflower seeds	1 c	29	818	72	6	0
pepeta	1 c	34	747	63	12	0
coconut flake	1 c	6	533	53	45	0
dates	2 c	8	830	2	0	0
apricots	1 c	4	313	1	0	0
raisin	1 c	5	493	1	0	0
cranberries	1 c	0	123	1	0	0
Dark Choc bar	1 bar	6	420	10	10	0
Hammer Whey	2 c	108	480	2		
Flax	1 c	31	897	71	6	0
Total counts		288	7945	496	97	0
volume before grinding	15 cups					
15 cups 1/4c bars	60 bars	5.1	141.9	8.9	1.7	0.0
15 cups 1/3c bars	45 bars	6.9	189.2	11.8	2.3	0.0
15 cups 1/2c bars	30 bars	10.3	283.8	17.7	3.5	0.0