



Cashews and Apricot Energy Bars

Uncategorized

source Lake Austin Spa Resort

INGREDIENTS

1 cups dried apricots

1/2 cup raw cashews

3/4 cups shredded unsweetened coconut

5 tablespoons rolled oats

2 tablespoons agave syrup

1 tablespoons coconut oil, melted

2 tablespoons hemp seeds

1/4 teaspoon sea salt

DIRECTIONS

Line an 8 inch baking pan with parchment paper or plastic wrap, and set aside.

Pulse cashews in food processor until crumbly, place in a separate bowl.

Pulse apricots in food processor until finely chopped. Add all other ingredients to the apricot mixture and process until well combined.

Add the chopped cashews to the mixture and pulse until combined.

Firmly press the apricot mixture into the baking pan, using the flat surface of a measuring cup to create a flat even layer.

Place pan in the freezer for one hour, then remove and cut into rectangle bars