



Recipes

Snacks

Raw Cranberry Oat Bars

Prep and Cook Time: 20 minutes

Yield: 4 servings

Ingredients:

- 3/4 cup gluten free oats
- 1/2 cup raw cashews
- 1/2 cup raw almonds
- 2 tablespoons raw sunflower seeds
- 2 TBSPS ground flaxseed
- 2 cups dates, pitted
- 1/2 cup cashew butter, almond butter or peanut butter
- 1/2 cup dried cranberry, unsulfured, chopped *
- 1 teaspoon cinnamon

Directions:

1. In a food processor, process oats until coarsely chopped.
2. Remove and set aside.
3. Place cashews, almonds, sunflower seeds and flaxseed in food processor and chop into small pieces. Remove and add to chopped oats.
4. Add dates and cashew butter to food processor and process until very well combined and smooth.
5. Mixture will start to form a ball.
6. Add oat/nut mixture back to food processor along with dried apricot pieces and cinnamon and combine.
7. Press mixture into 8x8 inch baking pan. Make sure it is well compacted.
8. Cut into 1 inch squares.

* Raisins, apricots, dried blueberries, goji berries may be substituted for cranberries.