

Apricot-Date Bars

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Home & Harvest for Healthy Living
<https://celebratingyourjourney.com>

Day 2 rotation (+ a few other days' rotation foods)



Servings: 12
Yield: 12 each

CRUST:

1/4 cup safflower oil
1/3 cup honey
3/4 cup sorghum flour
1/4 cup oat flour
2 cups rolled oats
1/4 teaspoon sea salt
1 teaspoon almond extract, Day 4 rotation
1 teaspoon vanilla extract, Day 1 rotation
1 1/4 teaspoons cardamom
1/2 teaspoon nutmeg, optional from Day 4 rotation

FILLING:

1 1/2 cups apricot, steved and mashed (Day 4 rotation)
1/3 cup dates, chopped fine
1 Tablespoon honey, Day 4 rotation
1/2 teaspoon lime juice, can substitute lemon juice
2 tablespoons apricot, juice (Day 4 rotation)

These bars are delicious all alone or with rotation day milk or non-dairy ice cream.

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Preparation Time: 30 minutes

CRUST: Mix all liquid ingredients together. Then mix in separate bowl all dry ingredients.

Gradually stir dry ingredients into liquid mix until blended.

In a 9x9 inch glass pan with parchment paper placed at bottom and sides, spread half of the crust mixture evenly in the bottom of pan. Put in preheated oven at 375 F. degrees for 10 minutes.

FILLING: In a separate bowl, mix all ingredients together.

Remove Crust portion from oven. Keep oven at 375 F. degrees. Spread filling over top of crust in glass pan. Then top with remaining crust mixture, spreading evenly as possible.

Bake apricot-date bars in oven for another 20-25 minutes or so to a golden brown.

Per Serving (excluding unknown items): 224 Calories; 6g Fat (23.9% calories from fat); 5g Protein; 38g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 41mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.

