

ALMOND, OAT & APRICOT BARS



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Ingredients:

- 1 cup pitted dates
- ¼ cup almond butter (soft, heat a little if hard)
- ¼ cup honey (runny, heat a little if necessary)
- ½ cup rolled oats
- ½ cup Australian dried apricots, chopped into small pieces
- ¼ cup sultanas
- ¼ cup mix of sunflower and pepita seeds
- 2 tablespoons of dark chocolate bits
- 2 tablespoons shredded coconut
- 1 cup roasted or natural almonds, roughly chopped
- ¼ teaspoon cinnamon or other spice mix

Directions:

1. Line a 20cm square cake tin with baking paper.
2. In a food processor blend the dates until they form a ball.
3. Add in the apricots and blend a little then add the almond butter, honey, oats, seeds, chocolate, cinnamon and lastly the coconut without chopping it too much.
4. Transfer to the baking tin and press in evenly. Freeze for 30 minutes or until sliceable.
5. Cut into 16 bite size squares or 12 rectangle bars. Store in the fridge in an air tight container.



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