



## Homemade Fruit & Nut LaraBars

### INGREDIENTS

1½ cups raw almonds

1½ cup dried fruit such as apricots, cherries, berries, apples, etc

½ lb pitted Medjool dates

Water (just a touch, if necessary)

### DIRECTIONS

In a food processor, combine almonds, fruit and dates until the mixture is sticky. Add water, just a bit at a time if the mixture is too dry and not sticky enough. Line a sheet pan or baking dish with parchment paper. Press the mixture into a big flat sheet. Refrigerate for a few hours or overnight. Once firm, cut into 8 bars. Wrap each bar in plastic wrap. Keep bars stored in the fridge and they should last for several weeks. Each of the 8 bars is 210 calories.